

Health and Wellbeing Newsletter

26th August 2019

Eat well for less



It's easy to think that cooking your own healthy balanced meals is expensive when you see only offers and deals on processed, high sugar and fat foods when shopping. But, you can actually save money by making your own healthy meals. Keep reading to find out how.

Plan

Draw up a weekly meal plan using up ingredients you already have and make a shopping list of any missing items.

Try not to shop when hungry. People who shop when hungry are more likely to spend more, especially on less healthy foods, such as high-fat and sugary snacks.



Cook your own meals from scratch

Cook your own meals using low cost recipes. You can even make extra portions so you can have the leftovers for lunch the next day.

Or any leftovers can be frozen for another busy day. Eventually, you'll have a freezer full of homemade ready meals on tap. Look up leftover or meal prep recipes for inspiration.



Eat more vegetables

Meat and fish are typically the most expensive food ingredients on a shopping list.

How about adding vegetables to meat dishes like casseroles to make your meals go further? Or try a few vegetarian meals during the week to keep costs down.



Cook with pulses

Pulses, such as beans, lentils and peas, are some of the cheapest foods on the supermarket shelf.

These pulses are low in calories and fat but packed with fibre, vitamins and minerals, and also count towards your 5 A Day. Use them in dishes such as a chilli con carne with kidney beans or a chicken curry with chickpeas.



Know your kitchen

Know what's in your kitchen store cupboard, fridge and freezer. You may find you have got enough ingredients to make a meal.

Plan your week's meals to include ingredients you have already got and avoid buying items you already have. Check use-by dates and use up ingredients before they go off.



Buy cheaper cuts

If you're prepared to take a little more time with your cooking, buying cheaper cuts of meat is a great way to save money. Try Slow cooking tougher cuts in a slow cooker or oven gradually for a great taste at a lower cost. Or for chicken try buying a whole chicken to get more for your money.



Eat smaller portions

Try eating smaller portions by using smaller plates and waiting before eating a second helping it may be that your body hasn't registered everything you've eaten yet.

Do this and you'll have more left over for lunch the next day and your waistline may benefit, too.



Top tip: try weighing or measuring out staples such as pasta and rice when cooking to stay in control of portion size and reduce waste.

Compare prices of food brands and packaging

Remember a cheaper non-branded food item doesn't necessarily mean it's any less tasty. Look out for cheaper swaps to bring down costs.

Fruit and vegetables sometimes cost more pre-packed than loose. Check the price per weight (for example, £/kg). Sometimes the packed produce is cheaper, sometimes it's more expensive.



Source: NHS Choices

Events, courses and campaigns

It's not just you'



Run by staff; 'It's not just you' is a friendly group for staff with mental health issues or have family/friends with mental health issues. The group discusses coping strategies, lifestyle changes, sources of help, other topics related to mental health and occasionally has expert speakers on varying topics. With line manager's agreement, staff can attend in working time.

Next date is the 5th September 1pm-2pm in room 12 in the Deakin Centre.

Be Active Be Healthy

EVERYONE
WANTS TO
BE HEALTHY

Everyone Health can deliver bespoke healthy eating and activity information sessions to your staff or service users. Groups can consist of 6 – 15 participants and all the sessions are informative and interactive. They are designed to be delivered over a period of 6 weeks, approximately 45 minutes or individual sessions to suit the need of the participant or group.

- **Health Eating**
- **Physical Activity**
- **Stress Awareness**
- **Fats**
- **Fluids**
- **Carbohydrates**
- **Sleep**

For further information on the above free services please contact Helen Denny on

Free Physiotherapy workshop



The Oh *Occupational Health and Wellbeing* Physiotherapy team are offering FREE workplace visits to CUH departments and teams.

The session will include an 45 minute educational talk on how to avoid and treat Musculoskeletal issues. There will also be a drop in consultation session afterwards for all staff members. The consultations will consist of advice, guidance and possible pathways to treatment if needed.

To book an Physiotherapy workshop in your department (please note sessions will have to be on an Wednesday afternoon from 2pm onward unless booked well in advance) please contact the Oh Staff Health & Wellbeing team by emailing staffhealth.wellbeing@addenbrookes.nhs.uk.