

WELLNESS

WELLNESS

magazine

SUMMER 2024

WELLNESS

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HEALTHIER MIND

HEALTHIER FOOD

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WELLNESS

WELCOME TO THE LATEST ISSUE OF OUR WELLNESS MAGAZINE!



With longer days and hotter temperatures, many of us look forward to the summer as an opportunity to gather with friends and family around the barbeque, in a pub garden or out in the parks and countryside.

But the season can also bring with it the stress of having to entertain children through the long school holidays, hay fever for sufferers, the risks of too much sun and the holiday blues after a much anticipated break.

Each of these topics is covered in our Wellness Magazine summer special, along with some top tips from our head gardener Janet on maintaining the garden and growing your own food during the drier months.

We hope you have a great summer.

A stylized, handwritten signature in white ink, appearing to read 'Tom Lannary'.

Tom Lannary
Marketing Director - ESS



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SOLO ESCAPADES

Solo travel is becoming increasingly popular in the UK, driven by various factors such as demographic shifts.

Travelling alone can be an enriching and empowering experience, offering a unique opportunity for self-discovery and independence. However, it requires careful planning and a mindful approach to ensure a safe and enjoyable trip.

Thorough planning is essential when embarking on a solo holiday. It's important to research your destination extensively to understand the culture, local customs and potential safety concerns. Choose accommodations that are well-reviewed and located in safe areas. You may want to consider staying in hostels or boutique hotels where you can meet like-minded travellers, providing a sense of community and security. It's a good idea to have a rough itinerary in place but remain flexible to embrace spontaneous adventures that often become the highlights of solo travel.

Safety should always be a priority when travelling alone. Inform a friend or family member of your travel plans, including your accommodation details and daily itinerary. Regularly check in with them to let them know you are safe. Stay aware of your surroundings and avoid risky areas, especially at night. Trust your instincts and if something doesn't feel right, remove yourself from the situation. Keep your valuables secure and be cautious when using public Wi-Fi networks to avoid potential cybersecurity risks.

While solo travel offers freedom, it may lead to feelings of loneliness at times. Combat this by engaging with locals and fellow travellers. Participate in group tours, local classes or social events. These activities not only provide social interaction but can deepen your understanding of the local culture. Additionally, being open to conversations with strangers can lead to memorable connections, experiences and even lasting friendships. Solo travel apps and online communities can be valuable resources for meeting other solo travellers or getting tips and recommendations.

Self-care is another crucial aspect of solo travel. Make sure to listen to your body and mind, giving yourself permission to rest when needed. Solo travel can be physically and mentally demanding, and taking breaks will help you stay energised and positive. Carry a journal to document your thoughts and experiences as this can be a great way to process your journey and reflect on your growth.

Embrace the freedom that comes with travelling alone. You have the luxury to set your own pace, follow your interests and change your plans without having to consider others. Use this opportunity to try new things, whether it's tasting unfamiliar foods, exploring locations off-the-beaten-path or engaging in activities you wouldn't normally do. This freedom can lead to a deeper sense of self-awareness and confidence.

The majority of solo travellers are women, with 85% of solo travellers registered with Overseas Adventure Travel being female.

A survey by Booking.com found that 38% of UK travellers plan to take a solo trip in the next 12 months¹.

The average age of solo travellers is now 47, indicating a broader age range engaging in solo travel, from millennials to older generations^{2,3}.

1.Booking.com

2. Solo Travel Statistics, Data 2023 - 2024: Historical Trends, Sources Cited (solotravelerworld.com)

3. The Wonderful Weirdness Of Solo Travel: Statistics & Trends (2024 Update) (theflashpacker.net)

HEALTHIER MIND

HEALTHIER BODY

Lastly, stay present and enjoy the moment. Solo travel can be a time for personal reflection and growth, offering a chance to disconnect from your routine and truly immerse yourself in the experience. Take time to appreciate your surroundings, savour the local cuisine and enjoy the solitude. The memories you create on a solo trip can be some of the most cherished ones, as they are entirely your own.

By carefully planning, prioritising safety, engaging with others, practicing self-care, embracing freedom and staying present, solo travel can be an incredibly rewarding and transformative experience.



SAVVY PACKING

The holiday season has finally arrived!

Going on holiday can bring feelings of anticipation, excitement, relaxation and a welcome break from the daily grind, but first you need to pack!

Packing can be stressful. The challenge of fitting all the necessary items into a suitcase, ensuring nothing is forgotten and adhering to airline restrictions can be overwhelming. From choosing the right clothes for unpredictable weather to packing

essential toiletries and gadgets, the pressure can sometimes overshadow the joy of the upcoming trip.

Research carried out by Asda Money showed that 25% of UK travellers forget to pack essential items and 21% can't fit everything into their cases, with 13% having to pay for extra luggage and 12% having to repack bags to lighten the load at the check-in desk!

Nevertheless, with careful planning and a systematic approach, the stress of packing can be minimised. Embracing practical tips and strategies can transform the process into a smooth, almost enjoyable part of your travel preparation that helps to build the excitement.

You can focus on the journey ahead, knowing you're well-prepared for the adventure that awaits.

Here are some tips to help you pack stress-free:

Plan ahead

Write down everything you need to pack. Categorise items (clothes, toiletries, electronics, documents) to make it easier to track. Know the weather forecast for your destination and pack accordingly. If flying, check your airline's luggage policies, including weight limits and prohibited items.

Be efficient

Use packing cubes to keep your suitcase organised and make it easier to find things. Rolling rather than folding can save space and reduce wrinkles. Try to choose clothes that can be mixed and matched to create multiple outfits, avoiding patterns and keeping to plain clothes will help. Wearing bulky items such as jackets when travelling will also save space. Shoes take up a lot of room, so pack only a couple of versatile pairs and wear the chunkiest pair to the airport.

Essentials and documents

Keep essentials accessible. It's a good idea to have a folder for travel documents in your hand luggage. You may also want to put important medication and a change of clothes in there too. Keep digital copies of your passport, tickets and reservations on your phone or in the cloud.

Toiletries and electronics

Save space by using small travel size containers for toiletries. These are not always cost effective so you may want to buy refillable containers. Bring a small bag for dirty laundry to keep it separate from clean clothes. This will make it easier when unpacking when you get home. Electronic wires and cables are easily lost or get tangled, so allocate a small bag for chargers, adapters and cables to keep them all in one place.

Final preparations

Go through your list and double check one last time to make sure you haven't forgotten anything. Ensure your suitcase is within the weight limit to avoid extra fees and ensure you have luggage tags with your contact information.

To help make your journey as relaxing as possible:

- Take snacks, a book or other entertainment for the journey in case you're delayed.
- Don't fill your suitcase to the brim so you have room for souvenirs and items you might buy on your trip.
- Keep money to a minimum. Banks such as Monzo and Revolut mean you don't need to travel with a lot of cash and can get better exchange rates too.

We hope you have taken some tips away for more efficient, less stressful packing. Last but not least, we hope you have a fabulous and relaxing holiday!

33% of Brits forget to pack toiletries and 30% forget to pack a phone charger and travel adapter².

POST-HOLIDAY BLUES

Returning to daily routines after a summer holiday can often bring on a case of the post-holiday blues.

This feeling is common and can be addressed with a few proactive strategies.

Firstly, it's important to give yourself a transitional period.

Avoid jumping straight back into a hectic schedule, instead ease into your routine by allowing some downtime for reflection and rest. This helps to smooth the return to everyday life¹.

Stay active and engage in physical activities.

Exercise can elevate your mood by releasing endorphins, the body's natural mood lifters. Whether it's a brisk walk, a yoga session or hitting the gym, maintaining physical activity can help counter feelings of lethargy and sadness.

Reconnecting with friends and family can provide emotional support and keep you socially engaged.

Sharing your holiday experiences with loved ones can extend the joy and create meaningful connections.

Planning your next adventure can help.

Having something to look forward to can keep your spirits high. Even if it's a weekend getaway or planning for next year's holiday, having future travel plans can create a sense of anticipation and excitement.

Finally, practicing mindfulness and gratitude can significantly impact your mood.

Taking time each day to reflect on positive aspects of your life and appreciate the experiences you had on your holiday can foster a more positive outlook. Techniques such as journalling, meditation or simply listing things you are grateful for can help shift your focus from post-holiday blues to everyday joys.

By incorporating these strategies, you can effectively manage and overcome the post-holiday blues, ensuring that the end of your summer holiday marks the beginning of new and enriching experiences.

SCHOOLS OUT

KEEPING OUR LITTLE RASCALS ENTERTAINED!



Lizzi Castlehouse,
Head of Retail Excellence - EGI

The balancing act of navigating professional responsibilities and parental/guardian duties is an intricate dance for working parents.

The arrival of school holidays adds a new layer of complexity to this delicate balance. As the academic year draws to a close, the excitement of children anticipating a break from the rigours of school is often matched by the apprehension of their parents, who must juggle demanding work schedules with the need to ensure their children are cared for and engaged in meaningful activities during the extended time away from school.

From arranging childcare to managing conflicting priorities, the challenges of school holidays for working parents are multifaceted and require careful planning and resourcefulness to overcome.

Lizzi Castlehouse, our Head of Retail Excellence EGI, juggles working life and three young children. Here she gives us some tips on how she manages this challenge over the school holidays.



Planning a cost-effective day out with the kids over the summer:

Search free activities in the area – these often fill up fast so get in early.

If you have a **National Trust membership**, they have lots of beautiful locations with free car parks. There are also some beaches with National Trust car parks.

Pack a lunch picnic with drinks so you are not buying on the go.

Meet up with friends – we sometimes try and do a day swap to save us a day in kids' club if we can.

There are lots of options for **kids' club options**, some much cheaper than others if you shop around.

If you plan a **beach day or park day**, take some toys (balls/games/rounders/set up a race/competitions).



Entertaining kids whilst balancing work over the summer:

I refuse to work and have the kids at home as I am unable to fully concentrate.

I use a mixture of leave, kids' club, family and friends to try and keep the kids busy. If I have to have them at home for part of the day, then I will commit the time to them and catch up with work in the evening when they are in bed.

Having plenty of activities in the garden helps, setting them tasks to complete. For wet days, plenty of crafts and activities which take their attention are great, with each one no more than an hour otherwise their concentration will tail off and they will start getting agitated!

We feel there is a time and a place for TV/a tablet – we restrict it and make sure it's not before bedtime, but we do allow time for them to watch or play something online.

Also homemade ice pops are great for hot days!



HOMEMADE ICE POPS

Making a smoothie and freezing it is a good way of getting more vitamins and minerals into your little ones.

Whilst blending the fruit makes the fruit free sugars, they still get the vitamins and minerals – adding some whole fruits in after blending will give a good mix.

Banana is a great fruit to thicken the texture and adding milk instead of water or fruit juice makes for an even better mix of nutrients. You can use alternative milks if your children have dairy allergies.

In the hot weather, ice pops may melt quicker than your little one can eat. There are lots of different shapes of moulds on the market to cater for different age groups.

Banana ice cream is a great way to use up over ripe banana. Cut the banana into slices, freeze, and then blend into a creamy ice cream texture.

FEEDING CHILDREN ON A BUDGET



Jay Averill,
Regional Executive Chef
- ESS

Providing healthy and nutritious meals for your children on a tight budget can be a challenge. It's often a lot cheaper to cook meals yourself from scratch rather than buying ready-made or takeaway meals.



Breakfast

It might be tempting to cut out breakfast, especially if you are trying to save money. However, breakfast is a very important meal for children, so consider some of the ideas below to help with lowering costs:

- Soft boiled egg on toast
- Supermarket brand cereals (*ideally Ready Brek or Weetabix as these contain a lot less sugar than chocolate-coated cereals*).
- Porridge or low sugar yoghurt.
- Scrambled egg on toast.

Scrambled egg on toast can cost as little as 22p per serving and gives your child a good source of protein and energy.



Lunch

When out and about during the holidays it can be expensive to eat out all the time, so why not make packed lunches for days when you're away from home? This will help keep costs down and mean you can avoid buying expensive items like sweets, cakes, fizzy drinks and biscuits. Not only will this help stretch your budget further, it can also help your child maintain a healthy weight and healthy teeth.

- Salad items can be cheap – consider a healthy salad for their packed lunch.
- Pasta is quick and easy to cook and a great lunch meal.
- A home-made sandwich can be tailored to a variety of tastes.

Consider making your own 'meal deal' for your children. Giving your child a home-made sandwich, an apple, a plain biscuit and a flask of squash can cost as little as 68p. A similar deal in a supermarket could cost £3 or more!

A home-made cheese, tomato and ham sandwich using two slices of wholemeal bread can cost around 48p. Check out our top tips for healthy packed lunch options on the next page.



Dinner

At home, you may prefer to just have one hot meal per day. Try to get your children involved in cooking – they are more likely to try something new if they helped make it and cooking is a great way of learning something new! Why not try cooking the following simple, budget-friendly dishes with your children:

- Chilli con carne and rice.
- Pizza and salad.
- Spaghetti bolognese and home-made garlic bread.
- Pasta and sauce.

A home-made cottage pie, made with minced beef and served with cooked frozen mixed vegetables, could cost 50p per serving. A supermarket own brand would cost £1.50!

A hot baked potato with a small tin of tuna costs 98p per serving. You can lower the cost even further by replacing the tuna with supermarket brand beans which are a great source of protein!

TOP TIPS FOR BUDGET-FRIENDLY MEALTIMES

Plan your meals ahead and write a shopping list

Stick to the list, avoiding luxury foods.

Many foods stay fresh for longer if stored correctly

Store items in line with the instructions and consider tinned and packet foods which have a long use by date on them.

Don't waste anything

'Use By' dates are the dates by which food should be eaten, but 'Best Before' dates are when foods are at their best.

Freeze what you can

Many meals can be frozen safely for months, so consider this before throwing away any leftovers. Make sure you label and date these foods, so you know what they are and how long they have been in the freezer. Why not try freezing bread and taking out a few slices at a time?

Buy cheaper supermarket own-label brands

The food often tastes the same as the more expensive brands.

Limit takeaways

They are often expensive, less nutritious and served in very big portions. Sometimes takeaways may feel like a bargain but consider the cost of making the same meal yourself.



TOP TIPS FOR HEALTHY PICNICS

Protein-rich foods

Lean meats (chicken, turkey), fish, eggs, beans, tofu, cheese, yogurt or hummus. Try turkey and cheese roll-ups, hard-boiled eggs or a small container of Greek yogurt.

Wholegrains

Wholegrain bread, wraps, pasta, brown rice or quinoa. Try wholegrain sandwiches, quinoa salad or brown rice and veggie bowls.

Fruits and vegetables

Variety is key. Using the philosophy of 'eat a rainbow' will give you inspiration. Try carrot sticks, cucumber slices, cherry tomatoes, apple slices, berries or a small banana.

Dairy or dairy alternatives

Milk, cheese, yogurt or fortified plant-based alternatives. Try a small container of low-fat milk, cheese sticks or a yogurt smoothie.

Include healthy snacks

Nuts, seeds, wholegrain crackers or air-popped popcorn. Try almonds, pumpkin seeds or wholegrain crackers with a small piece of cheese.

Keep fluids topped up

Take a bottle of water or low-sugar drinks like milk or 100% fruit juice (in moderation).

Limit processed foods

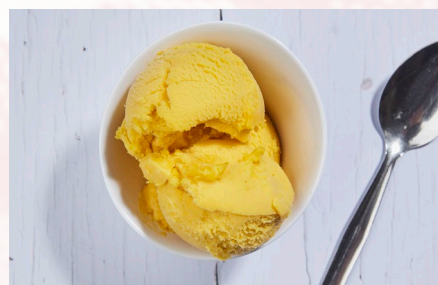
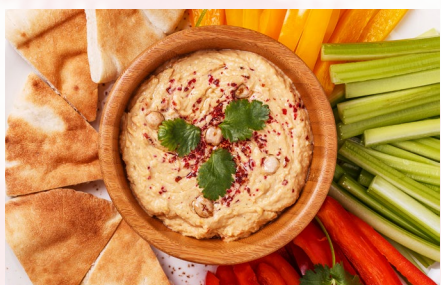
These are high in sugar, salt and unhealthy fats, for example crisps, cookies and sugary drinks.

Keep it fun and appealing

Change up the options to keep lunch interesting and use bento boxes, colourful containers or fun shapes to make the food more appealing.

Involve the children

Let them help with choosing and preparing their lunch to encourage healthy eating habits and preferences.



SAMPLE PICNIC IDEAS

Turkey wrap:

- Wholegrain tortilla with turkey, cheese, lettuce, light spread of mustard.
- Side of baby carrots and apple slices.
- Small container of yogurt.

Vegetarian bento box:

- Hummus with veggie sticks (carrots, cucumber, bell peppers).
- Wholegrain pita bread.
- Small bunch of grapes.
- Cheese cubes.

Chicken & quinoa salad:

- Quinoa mixed with diced chicken, cherry tomatoes, cucumber, and a light vinaigrette.
- Side of mixed berries.
- Cheese stick.

Mini sandwiches:

- Wholegrain bread with lean ham and cheese, cut into fun shapes.
- Side of snap peas and a small orange.
- Yogurt smoothie.



FANCY A TIPPLE?

ALCOHOL AWARENESS WEEK: 1ST-7TH JULY 2024

With the long evenings and holidays on the horizon, summer is a social time of year for many and we may find our alcohol intake increasing.

So, let's take a deeper look at what this may mean for our overall health. Alcohol is a diuretic which means it promotes water loss through urine. This happens as the production of a hormone called vasopressin, which plays a large role in the regulation of water excretion, is inhibited. Vasopressin tells your kidneys to reabsorb water rather than flush it out through the bladder if it is needed by the body¹. As this hormone is no longer being produced, the bladder continues to fill up with urine which is then excreted when we go to the toilet.

Excessive urine production can lead to dehydration, so it is important that lost fluids are replaced by drinking water.

DID YOU KNOW?
Drinking 10 pints a week can add up to 120,000 calories per year.

You may notice you have a headache or struggle with poor concentration and lethargy the day after drinking which is likely due to being dehydrated because of the alcohol.

The diuretic effect can also lead to your skin losing fluids and nutrients which are vital for healthy looking skin. Over time, skin can become wrinkled, dull and grey or puffy. Dehydrated skin can also be more prone to developing some types of eczema, psoriasis or rosacea.

Alcohol is very calorie dense, with 7kcal per gram. For comparison, protein and carbohydrates are 4kcal per gram and fat is 9kcal per gram. As well as the high calorie content, alcohol stimulates appetite which is why people often make worse choices when it comes to the food they eat after drinking. Whether it's the kebab on the way home from a night out, or the pizza ordered the next day to help the hangover, the excess calories add up and can lead to weight gain, contributing to poorer health.

One survey suggested 80% of people don't know how many calories are in a glass of wine.

Calories in alcohol²:

61	110	61 + 93	160	182	216
Rum	Vodka	Gin & Tonic	Red Wine	Beer/Pale Ale	Cider
Single (25ml)	Single (25ml)	Single (25ml + 150ml)	1 glass (175ml)	1 pint	1 pint

24% of adults in England and Scotland are regularly drinking over the guidelines, and 27% of drinkers in Great Britain binge drink on their heaviest days (over eight units for men and six units for women)³.

We are recommended to consume no more than 14 units of alcohol per week and spread our drinking over three or more days. 14 units is equivalent to six pints of beer a week or six medium glasses of wine. Heavier and prolonged drinking can lead to health problems including increased blood pressure, heart disease, liver disease, depression and reduced fertility.

Read on to find out the benefits of drinking less and some tips to help you do so. Cutting back on alcohol can seem daunting at first, but there are lots of benefits to drinking less.

As well as reducing your chances of suffering from serious health problems in the longer term, there are benefits that you will notice more quickly. These include feeling better in the mornings, having more energy and feeling less tired, as well as your skin looking better. You may also lose weight – there are more calories in a single measure of spirits than in the same volume of single cream!

Heavy drinking can have mental health implications too. It can be linked to depression, exacerbate anxiety or low mood and hangovers can leave you feeling low. Cutting down could therefore improve your mood overall.

Then there's the impact that alcohol has on sleep. It's often thought that drinking helps you to sleep better, reducing the time it takes to get to

sleep. However, it can in fact disrupt your sleep patterns. Studies show that alcohol consumed as much as six hours before bedtime will increase wakefulness during the second half of your sleep and prevent you from getting the deep sleep you need.

Avoiding alcohol can help you feel more rested when you wake up.

Lastly, cutting down on alcohol can help you to save money. This will allow you to spend on things that make you feel good!

DID YOU KNOW?
Cutting out two glasses of wine a week could save you over £600 per year.

Six tips for healthier drinking^{4,5:}

Pick alcohol-free drinks

Non-alcoholic varieties of lots of popular drinks are now available in supermarkets, pubs and restaurants including Guinness 0.0, Peroni 0.0%, Nozeco and 0% gin and vodka.

Slow your intake

Have a glass of water between each alcoholic drink, sip rather than gulp your drinks and put your glass down when not drinking.

Keep track of your drinking

This will help you understand your drinking pattern and see if you'd like to make a change. [Try Dry®: the app to help you cut down](#) | [Alcohol Change UK](#)

Find alcohol-free ways to have fun

From walking to baking, watching a movie or painting, there are lots of ways to have fun without alcohol. Try to designate a night every week to spend time with someone you love and see how much fun you can have without alcohol.

Pay attention to your feelings and behaviours

Recognise the situations in which you tend to drink more than you would like and how it impacts your mood and those around you.

Ask for help

Speak to your GP or local alcohol service if you believe you or someone close to you needs some support with their drinking.

Understanding different options for reducing your alcohol intake

If you're looking to decrease the alcohol in your drinks, it can be useful to understand the different terminologies in use^{6:}

Alcohol-free:

Can include up to 0.05% ABV.

De-alcoholised:

Can include up to 0.5% ABV.

Low alcohol:

Can include up to 1.2% ABV.

Reduced alcohol:

There is no legal definition in the UK so they can be a lot stronger than alcohol-free or low alcohol drinks. Food Standards Agency best practice says 'reduced alcohol' should mean at least 30% less alcohol than the equivalent standard drink. Typically, they are about halfway between alcohol-free and standard strength.

Non-alcoholic:

Don't contain alcohol, such as soft drinks or fruit juices. The term can't be used to describe alcohol-free versions of otherwise alcoholic drinks, with the exception of non-alcoholic wine used in religious events.

ALCOHOL FREE AND LOWER SUGAR DRINKS IDEAS:



Frozen Cucumber Mojito Mocktail

(serves 2)

Ingredients:

- 1 cucumber
- 10 mint leaves
- 1/3 cup lime juice
- 1/2 cup soda
- 2 cups crushed ice

Method:

- 1 Place 1 cup of crushed ice in a blender along with sliced cucumber, mint, lime juice and soda.
- 2 Serve over ice and garnish with a mint leaf.



Summer Cup

(serves 4)

Ingredients:

- 1cm thick slice of cucumber
- 1 sprig mint
- Handful of frozen berries
- 120ml sugar-free lemonade
- Ice

Method:

- 1 Chop cucumber and mint sprig. Bring 200ml water to the boil and add cucumber and mint. Turn off heat and leave for 2 mins. Add a handful of berries, let them defrost slightly and crush lightly with the back of a spoon. Strain the mixture and it will keep in the fridge for 24 hours and be enough for 4 drinks.
- 2 Pour 40ml of strained mixture into a glass, add ice and top up with 120ml sugar free lemonade. Garnish with whatever fruit you like.



Homemade Lemonade

Ingredients:

- 240ml lemon juice (6-7 lemons)
- 960ml cold water
- 1 tbsp stevia (plant-based sweetener)

Method:

- 1 Add the ingredients to a pitcher or large bowl and stir until the stevia has completely dissolved.
- 2 Serve immediately or cover and chill until ready to serve.

WATER YOU TALKING ABOUT?

Humans are around 75% water and it is the basis of our bodily fluids and essential for a range of functions.

Why do we need fluids?

Water helps to regulate body temperature by distributing heat and cooling the body through perspiration. It transports nutrients in the blood and helps to remove waste products through urine, helping to keep the digestive system healthy.

In hot conditions, you will sweat more which increases the amount of water you lose. Therefore, it's important to continually drink enough to replace the fluids lost throughout the day through breathing, urine, faeces and sweat.

What happens if I don't get enough?

Lack of fluids can lead to dehydration which can affect cognitive performance causing headaches, tiredness and lack of concentration.

Over time dehydration can lead to constipation, urinary tract infections and kidney stones.

Monitoring the temperature can help decrease your chance of dehydration by drinking more in hotter conditions.

How do I know if I'm getting enough?

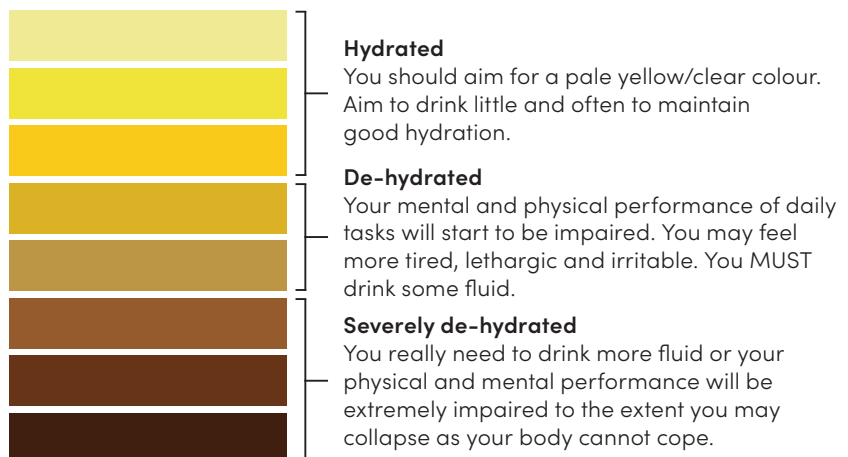
Simply waiting for the sensation of thirst is not a good enough sign of a need to drink – by the time we feel thirsty our body is already dehydrated and potentially suffering some of the effects. Equally, simply drinking to eliminate the feeling of thirst does not fully hydrate the body. The best indicator of good hydration is urine colour, a pale straw-coloured urine being a reliable indicator of good hydration. Darker coloured urine is a sure sign that the body needs more fluid. The chart below will help you know what to aim for.



How can you measure your hydration status?

Monitoring the colour of your urine is a great way to ensure you are fully hydrated. Using the guide below will help you keep track.

Ideally, you want your urine to be the colour of pale straw (1-3 on the chart), 4-5 indicate dehydration and 6-8 are extreme dehydration.



What counts?

Water (drink lots)

Helps to keep you hydrated without providing extra calories or damaging your teeth.

Be aware of caffeine intake if pregnant (no more than 200mg caffeine/ 2 cups of instant coffee)

Tea and Coffee (drink)

Provide water and some nutrients if drunk with milk. Avoid sugar to limit calorie intake. Try decaffeinated or herbal teas.

Milk (drink regularly)

Provides water as well as containing nutrients such as Calcium, Vitamin B12, Potassium and Iodine.

Opt for skimmed or semi-skimmed

Low Calorie Soft Drinks (drink in moderation)

Provide water without the excess calories, can cause harm to teeth due to acidity.

Fruit and Vegetable Juices and Smoothies (drink in moderation)

Provide water, vitamins and minerals. 150ml counts as one of your 5-a-day but contain sugar and calories so only have one portion a day.

Soft Drinks Containing Sugar (drink in small amounts)

Provide water but also calories and sugar without any extra nutrients. Drinking lots can contribute to weight gain and tooth decay.

Flavoured Milks, Milkshakes, Hot Chocolate, Iced Tea (drink in small amounts)

Provide water but tends to be high in sugars and fat which can cause damage to your teeth and increase chances of weight gain if consumed regularly.

Sports Drinks (only when needed)

Only required during intense endurance training, can be high in sugar.

Energy Drinks (limit)

Can be very high in sugar and caffeine. Not suitable for those under 18 years old.

How much do I need?

Most people need 1.5-2 litres of fluid per day but this varies between people and according to age, the time of year, climatic conditions, diet and levels of physical activity. It roughly looks like 6-10 glasses.



Regular fizzy and some still drinks contain added sugar, so these should only be drunk occasionally and in small amounts.

Pure vegetable or fruit juices and smoothies do provide water and other nutrients but also contain free sugars, so should be limited to one 150ml glass a day. They also count as one of your 5-a-day.

HOW TO STAY HYDRATED

- 1 Keep a reusable water bottle with you at all times.
- 2 Refill your bottle regularly.
- 3 Add some flavour with sugar-free squash or slices of fruit/mint/cucumber.
- 4 Have a glass of water with every meal.
- 5 Keep having little sips throughout the day.

SHIELDING YOUR SKIN

ESSENTIAL TIPS FOR SUN PROTECTION

Protecting yourself from the sun is crucial to prevent skin damage, reduce the risk of skin cancer and maintain overall health.

Most people know that getting too much sun, particularly when not protected, will lead to sunburn which causes the skin to go red, swell and be very uncomfortable. It may also lead to heat stroke and / or heat exhaustion which can be life-threatening.

Excessive exposure to ultraviolet (UV) radiation from the sun can suppress the skin's immune response, reducing its ability to protect against infections and illnesses. It is also the leading cause of skin cancers, including melanoma, basal cell carcinoma, and squamous cell carcinoma.

Skin cancer is the most common form of cancer and consistent use of sun protection can significantly reduce your risk. Repeated sunburn episodes, particularly in childhood, will increase the risk of developing skin cancer later in life.

UV radiation accelerates the ageing of your skin by breaking down collagen and elastin fibers, leading to wrinkles, fine lines and sagging skin. Prolonged sun exposure can also cause dark spots, uneven skin tone and other forms of hyperpigmentation.



UV exposure also can be harmful to eye health. Prolonged exposure can lead to cataracts, a clouding of the lens in the eye that can impair vision and contribute to macular degeneration, a leading cause of age-related vision loss.

Did you know that we can also have sunburn on our eyes? This is known as photokeratitis and can cause temporary loss of vision and extreme pain.

It is well known that sunscreen helps protect you from the sun. It is important to choose a sunscreen with at least SPF 30 that offers broad-spectrum protection against both UVA and UVB rays.

You should apply sunscreen generously to all exposed skin, including often-missed spots like the ears, back of the neck and tops of the feet. It is important to reapply every two hours, or more often if you're swimming or sweating – be sure to read the instructions on the back of the pack. It's important to remember that sunscreen does not provide full protection so other lines of defence should also be used:

Wear protective clothing

Lightweight, long-sleeved shirts and long trousers can provide a physical barrier against the sun. Look for clothing with a high Ultraviolet Protection Factor (UPF) for added protection and wear a wide brim hat to help shade your face, ears and neck.

Seek shade

Use umbrellas, tents or other shelters to create shaded areas. You can also take advantage of natural shade from trees and buildings, especially during peak sun hours.

Wear sunglasses

Choose sunglasses that block 100% of UVA and UVB rays to protect your eyes from harmful sun exposure. Wraparound sunglasses offer better coverage and prevent UV rays from entering from the sides.

Avoid peak sun hours

The sun's rays are strongest between 10:00 and 16:00. Try to stay indoors or in the shade during these hours. Schedule outdoor activities for early morning, late afternoon or evening when the sun is less intense.





Stay hydrated

Drinking water little and often helps you to stay appropriately hydrated and helps your body manage heat more effectively. Limit consumption of alcohol and caffeinated drinks, which can dehydrate you.

Be mindful of reflective surfaces

Water, sand and even snow can reflect UV rays, increasing your exposure. Take extra precautions in these environments. Consider using a higher SPF sunscreen or wearing additional protective clothing.

Take special care for children & infants

Use sunscreen specifically formulated for babies and toddlers, which is gentle on their skin. Keep infants out of direct sunlight as much as possible and ensure children wear hats, sunglasses and protective clothing.

Check the UV Index

It's a good idea to monitor the UV index for your location to understand the day's sun exposure risk. You can then make plans based on the UV index to minimise exposure during high-risk periods. This is especially important for those with small children.

Take care after sun exposure

It's a good idea to apply a soothing lotion or aloe vera gel to your skin after sun exposure. It's also important to replenish the fluids you may have lost whilst out in the sun. Finally, keep an eye on your skin for any signs of sunburn or unusual changes and take appropriate action if needed.

By following these tips, you can enjoy the sunshine while protecting your skin and health.

Skin cancer is the most common form of cancer in the UK and rates continue to rise. At least 100,000 new cases are now diagnosed each year, and the disease kills over 2,500 people each year in the UK - that's seven people every day².

WHAT IS UV INDEX (UVI)?

UVI is a value that highlights the level of potential damage to the skin and the eyes from radiation at the earth's surface. The higher the UVI, the less time it takes for harm to occur. As a caveat, it's important to highlight that short exposures to solar UV radiation to generate vitamin D are OK, but it's important not to get sunburnt¹.

TYPES OF SKIN CANCER

Melanoma: a type of skin cancer that develops from melanocytes, the cells responsible for producing melanin which is the pigment that gives skin its colour.

Basal cell carcinoma (BCC):

The most common type of skin cancer, originating in the basal cells of the epidermis, the skin's outermost layer. It typically appears as a small, shiny bump or nodule on the skin, often in sun-exposed areas, and is characterised by slow growth and a low likelihood of spreading to other parts of the body.

Squamous cell carcinoma (SCC):

A common type of skin cancer that originates in the squamous cells, which make up the middle and outer layers of the skin. It often appears as a red, scaly patch, a firm nodule or a sore that heals and then reopens, typically on sun-exposed areas. SCC can grow more rapidly than basal cell carcinoma and has a higher risk of spreading to other parts of the body if not treated promptly.

LET'S GET CYCLING

CYCLE TO WORK DAY: 1ST AUGUST 2024

Cycling is an inclusive activity that offers significant physical and mental health benefits.

It is an excellent aerobic exercise that strengthens the heart, improves cardiovascular fitness and reduces the risk of heart disease. It targets various muscle groups including the legs, hips and glutes, while also engaging the core and arms, enhancing overall muscle tone and strength. Regular cycling helps to burn calories, aiding in weight loss and maintenance of a healthy weight.

Those new to cycling may lose an average of 6kg in the first year of cycling alone.

Cycling is a low-impact exercise which all ages can enjoy. It's easier on the joints than high-impact activities like running, improves coordination and overall balance which is crucial for preventing falls and injuries, and can be beneficial for individuals with arthritis or joint pain.

Like other forms of exercise, cycling can reduce levels of stress and anxiety. This is due to physical activity triggering the release of endorphins, which are natural mood lifters.

Regular cycling can help alleviate symptoms of depression and improve overall mental wellbeing. Cycling forces you to get out into nature, providing an opportunity to clear the mind, be in the moment and take a break from daily stresses and mental clutter. It can be a group activity too, helping to enhance social connections and reduce feelings of loneliness.

We are recommended to carry out 150 minutes of moderate intensity activity a week and cycling is a great option.

If people worldwide cycled as much as the Dutch, who average 2.6 kilometres per day, it would reduce annual global carbon emissions by 686 million tonnes.

Can you cycle to work?

The average commute is 19.5 miles, so swapping from a car to a bike would:

- Burn around 9,110 extra kcals per week, equivalent to 18 burgers^{1,2}.
- Save 695kg CO₂ emissions each year, equivalent to 33 trees.

Cycling is linked to a 15% increase in employee productivity and employees who cycle to work take, on average, one less sick day per year than non-cyclists, saving the UK economy almost £83m per year.

One study found that cycling to work is linked with a 45% lower risk of developing cancer and a 46% lower risk of cardiovascular disease.

HEALTHIER MIND

HEALTHIER BODY

HEALTHIER WORLD



Ronnie Kelman,
Managing Director –
Energy, Government
& Infrastructure

"Cycling brings me an unparalleled sense of freedom and adventure. Every ride feels like a fresh journey. It's my escape from daily stress, a chance to reconnect with myself."

"Physically, it has enhanced my cardiovascular fitness, boosted my stamina and helped me maintain a healthy weight."

"Mentally, cycling serves as my therapy—it alleviates stress, elevates my mood and instills a sense of achievement. For me, cycling is more than just exercise; it's essential to my overall health and wellbeing."



Lee Brooking,
Group Executive Chef
– ESS

"Cycling has significantly improved my health, strengthening my body and boosting my endurance. While it brings its share of challenges—steep climbs, long distances and tough weather, overcoming these obstacles makes every ride incredibly rewarding and fuels my determination."

"For me, cycling isn't just about the ride; it's about the camaraderie and connections we build along the way."

"Sharing the journey with fellow cyclists transforms each ride into a community experience, it helps build friendships and lasting memories."

FIVE REASONS TO START CYCLING

- 1 Improved fitness and weight loss.
- 2 Better heart health.
- 3 Enhanced mood.
- 4 Reduced carbon footprint and air pollution.
- 5 A chance to get outdoors and explore the world around you.

SEASONAL STRUGGLES

UNDERSTANDING HAY FEVER AND THE IMPACT OF POLLEN

It's that time of year that some of us may dread: hay fever season.

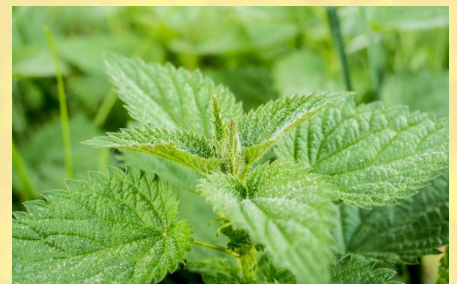
Pollen is a common allergen that can trigger hay fever and other allergic reactions in sensitive individuals. Different types of pollen are released at different times of the year, and their effects on people can vary. Understanding the different types of pollen and their seasonal patterns

can help you manage your allergies more effectively and improve your quality of life.

Pollen is a fine powder produced by plants during their reproductive cycle.



Below is a breakdown of the main types of pollen, the time of year they are most prevalent and how they can affect you:



Type of pollen	Tree Pollen	Grass Pollen	Weed Pollen
Common plants	Oak, birch, cedar, maple, pine, and elm	Timothy, Kentucky bluegrass, Bermuda grass and ryegrass	Ragweed, nettle, mugwort and sagebrush
Time of year	Early spring	Late spring to summer	Late summer to autumn
Symptoms	Tree pollen is a major trigger for seasonal allergies. Symptoms include sneezing, runny nose, itchy eyes and throat. In some cases, it can exacerbate asthma.	Grass pollen is another significant allergen. Symptoms are similar to those caused by tree pollen, including nasal congestion, itchy eyes and wheezing.	Weed pollen, especially ragweed, is notorious for causing severe allergic reactions. Symptoms include itchy and watery eyes, and sinus pressure. It can also trigger asthma attacks.



Managing Pollen Allergies

Monitoring Pollen Counts:

Stay informed about local pollen forecasts and try to limit outdoor activities when pollen counts are high.

Medication:

Antihistamines, nasal corticosteroids and decongestants can help alleviate symptoms. Consult a doctor for appropriate medications.

Environmental Control:

Keep windows closed during high pollen seasons, use air purifiers and regularly clean your home to reduce indoor pollen exposure.

Personal Habits:

Shower and change clothes after spending time outdoors and avoid drying clothes outside where they can collect pollen.

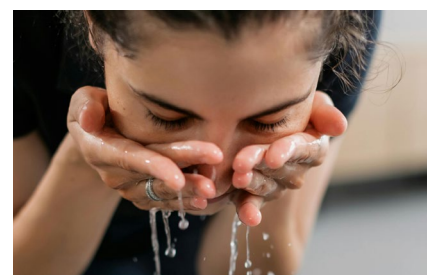
HOW TO MANAGE HIGH POLLEN PERIODS



Scott Freeman,
Culinary Director
- ESS

I struggle with hay fever every year and – apart from the usual tablets – here are some suggestions on how I (sometimes) manage to cope during high pollen periods:

- **Keep windows closed** during the morning and evening.
- **Don't dry your washing outside.**
- **Use hay fever wipes on your face and hands** after going outside.
- **Wash your face regularly** including your eyebrows as I often rub my face/eyes and rub the pollen into my eyes afterwards!



GRILL SMART

YOUR GUIDE TO A HEALTHIER BBQ



Matt Lord,
Regional Executive Chef
- ESS

As the sun shines brighter and the days grow longer, the allure of the BBQ beckons.

The sizzle of meat on the grill, the scent of smoky flavours wafting through the air and the laughter of friends and family gathered means there's something inherently joyful about cooking outdoors over fire.

Traditional BBQ fare, laden with fatty meats and sugary sauces, can be a health challenge. Fear not, executive chef Matt Lord has shared his top tips for a healthier BBQ season! With a few mindful choices, you can enjoy a BBQ that's not only delicious but also good for your health.



Choose Lean Proteins

The star of any BBQ is often the meat, choose leaner cuts to keep things healthy:

- **Chicken Breast:** Skinless chicken breast is a lean choice. Marinate it in herbs, lemon juice and olive oil for a burst of flavour without excess calories.
- **Fish:** Grilled fish, like salmon or tuna steak, is rich in omega-3 fatty acids and adds variety to any grill.
- **Turkey Burgers:** Swap out traditional beef patties for minced turkey. They're lower in fat and still pack plenty of flavour.

Embrace Plant-Based Options

Vegetarian options aren't just for vegetarians. They offer a healthy and delicious alternative to meat:

- **Veggie Kebabs:** Load skewers with colourful veggies like peppers, cherry tomatoes, courgettes and mushrooms. Brush with a bit of olive oil and sprinkle with your favourite herbs.
- **Portobello Mushrooms:** These meaty mushrooms are perfect for grilling and make a great burger substitute, top with your favourite cheese and breadcrumbs to lift them to the next level.
- **Bean Burgers:** Black bean or chickpea burgers are rich in fibre and protein. Top with fresh avocado, lettuce and tomato for a healthy alternative to a traditional burger.

Revamp Your Sides

Traditional BBQ sides can be heavy and calorie-laden. Lighten up with these nutritious alternatives:

- **Salads:** Fresh salads with a variety of greens, fruits, nuts and light vinaigrettes are refreshing and nutritious.
- **Grilled Vegetables:** Asparagus, corn on the cob and aubergines are all fantastic when grilled. A touch of olive oil and a sprinkle of salt and pepper enhance their natural flavours.
- **Wholegrain Options:** Serve wholemeal buns for your burgers and quinoa salads for a fibre-rich side dish.

Healthier Condiments & Sauces

Many BBQ sauces and condiments are loaded with sugar and preservatives. Try these healthier swaps:

- **Homemade BBQ Sauce:** Make your own sauce with tomato paste, apple cider vinegar, a touch of honey and spices.
- **Greek Yogurt-Based Dressings:** Use Greek yogurt as a base for creamy dressings and dips instead of mayonnaise or sour cream.
- **Fresh Salsa:** Tomato salsa with onions, coriander and lime juice adds a zesty kick without the extra calories.

Smart Grilling Tips

How you grill your food is just as important as what you grill:

- **Preheat and Clean Your Grill:** Ensure your grill is hot and clean to prevent sticking and reduce the formation of harmful compounds.
- **Use a Meat Thermometer:** Cook meats to the right temperature to avoid undercooking or overcooking.
- **Limit Charring:** Over-charred meats can produce carcinogens. Flip frequently and cook at moderate temperatures to avoid burning.

Refreshing Drinks

Stay hydrated and complement your healthy BBQ with these drink ideas:

- **Infused Water:** Water infused with fruits like lemon, cucumber, or berries is a refreshing, low calorie option.
- **Iced Herbal Teas:** Brewed herbal teas served over ice with a splash of lemon or mint are a flavourful alternative to sugary soft drinks.
- **Sparkling Water with Fruit:** Add a splash of fresh fruit juice to sparkling water for a healthy hydrating drink.

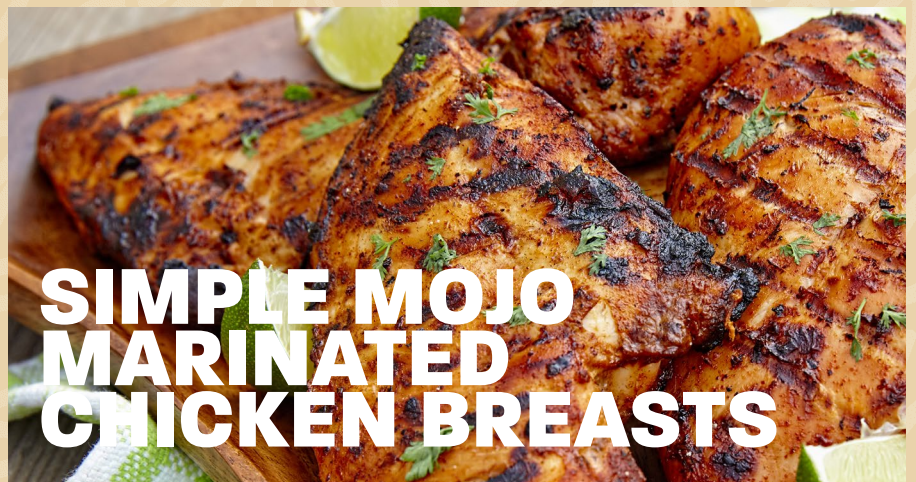
Sweet Treats

No BBQ is complete without pudding, keep it light with these sweet treats:

- **Grilled Fruit:** Pineapple, peaches, and watermelon develop a rich, caramelised flavour when grilled. Serve with a dollop of Greek yogurt.
- **Fruit Salad:** A mix of seasonal summer fruits can satisfy your sweet tooth without added sugars.
- **Frozen Yogurt:** Choose lower calorie frozen yoghurt rather than ice cream.

By making simple, health-conscious choices, you can enjoy the best of summer BBQs without compromising on flavour or your wellbeing.

So fire up the grill, invite your loved ones and relish in the delicious, healthy fare that makes BBQ season so special. Happy grilling!



These make a great main course on their own or can be served in a bun with salad as a healthy alternative to a burger.

Ingredients:

- 5 x breasts skinless chicken
- 100g fresh coriander
- 90g fresh flat leaf parsley
- 1 whole red chilli
- 20g fresh ginger
- 4 cloves freshly peeled garlic
- 200ml extra virgin olive oil
- 50ml sherry vinegar
- 1 tsp sea salt
- Freshly milled pepper

Method:

- 1 Butterfly the chicken breasts: put the chicken breast on a chopping board and, with your hand flat on top of it, use a sharp knife to slice into one side of the breast, starting at the thicker end and ending at the thin point. Be careful not to cut all the way through to the other side, open out the breast so that it resembles a butterfly.
- 2 Peel the garlic and ginger and purée in a blender with the rest of the ingredients to make the marinade, include the herb stalks for extra flavour. Pour over the chicken and marinate for at least four hours, preferably overnight.
- 3 Light your BBQ and get to a nice hot temperature before grilling the breast directly over the coals.

PLANET-FRIENDLY BBQs



Rees Bramwell,
Sustainability Director -
Compass One

Summer is here and that means whipping the barbecue out at the first sight of sunshine, whether it stays around during your barbecue is a different matter!

Whether you're hosting for five or 50 there are a few simple recommendations you can follow to make your gathering as environmentally friendly as possible.



Greener Grilling Menus

Less and Better Meat

Stereotypically we think of barbecues as meat-heavy with burgers, hot dogs, skewers and various other cuts charring on the grill. However, the carbon footprint of beef is around 100 times higher than some plant-based alternatives and nearly four times higher than chicken and pork¹.

So, adopting a less and better approach to meat is one of the most impactful things we can do. This means go for great quality, high animal welfare produce, maybe from a local butcher, but buy less of it rather than going overboard with copious amounts that may get wasted.



Vibrant Veggies

You can go plant-forward adding some amazing fresh salads or vegetable kebabs utilising all the best seasonal British veg that the summer months have to offer.



A range of tabbouleh, fattoush, homemade slaw and a classic Greek salad are easy to prepare and bring global flavours to your British veg. The great thing is these can usually be pre-prepared to bulk out your menu and take some stress away from the dedicated BBQ manager.

Stay Waste Wary

Prepare and Preserve

A third of food produced globally goes uneaten, and in the UK around 60% of food waste happens in our homes².

BBQs can be a culprit but with some careful planning you can avoid that. The first challenge is trying to get confirmed numbers from family and friends attending. Try to keep things hot and fresh by topping up what you cook as and when needed rather than cooking all at once.

Then have some plan B options in the freezer ready for those late or unexpected arrivals. Go for food that you don't mind eating as part of your regular household meals.

BBQ Closing Time

First, seal your leftovers carefully and, where appropriate, send your guests home with them. But you can also plan your post-BBQ meals around the leftovers too! Utilise your fridge and freezer, always being careful when it comes to food safety.

In terms of cleaning your barbecue there is often no need for strong chemicals, store cupboard essentials such as vinegar and baking soda can do the trick with a simple cloth wipe down.



Reuse to Reduce Waste

Ditch the Disposables

Particularly disposable barbecues, they can rarely be recycled and pose a fire risk if not disposed of properly.

In England alone we get through around 1.1 billion single-use plates and 4.25 billion pieces of disposable cutlery a year³. Opt for reusable plates, bowls, cups and cutlery rather than filling up bin bags full of plastic or paper items (which are often plastic lined).

Sharing is Caring

Haven't got enough crockery and cutlery? Don't have enough chairs or serve ware? Get your guests involved!

Whilst you are confirming attendees, ask them to bring a chair each, some outdoor dining plates and cups if they have some, and containers for any possible leftovers. This is another way to ease the pressures of hosting whilst making sure you don't have to buy items you might never use again.

1) Poore & Nemecek, 2018. Reducing food's environmental impacts through producers and consumers. More info at <https://ourworldindata.org/carbon-footprint-food-methane>

2) Love Food Hate Waste, 2023. <https://www.lovefoodhatewaste.com/>

3) DEFRA, 2021. Plans unveiled to ban single-use plastics <https://www.gov.uk/government/news/plans-unveiled-to-ban-single-use-plastics>

HELLO FROM THE DEFENCE ACADEMY MARKET GARDEN

I'm writing this article on a sunny evening, finally enjoying some warmth after what has seemed like endless dull spring weather!



Janet Thomas
Head Gardener - ESS

Luly and I are enjoying a little lull in the manic garden calendar.

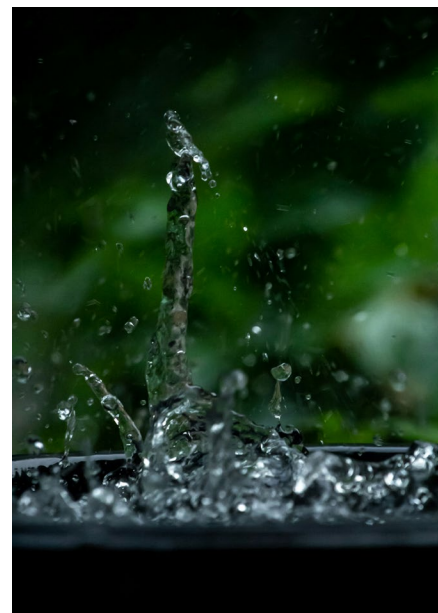
The beds and tunnels are fully planted up and flourishing, every week our harvest gets bigger and more varied, and spring crops of lettuce, radish, salad onions and new potatoes are making way for an abundance of tomatoes, cucumbers and courgettes, to name but a few. I'm looking forward to lots of lovely fresh summer dishes to enjoy al fresco!

Every year it takes me by surprise how quickly we seem to go from endless rainfall to long dry spells and empty water butts. We do our best to avoid using mains water on the market garden wherever possible but sometimes needs must.

It's good practice for us all to be conscious of our water consumption and there are several things we can do to keep our gardens looking lovely even during a drought.

Here are a few ideas:

- Collect rainwater if you are able by installing a water butt on your down pipes. They can be picked up cheaply on Marketplace or eBay and are easy to install. Rainwater is far better for your plants than tap water.
- Water plants either earlier in the day or later in the evening to prevent the water evaporating in the sun (morning is usually better if you can).
- Water well two or three times a week to encourage the roots to reach down. If you water lightly every day, the roots will remain shallow.
- Water directly to the plant's roots so it gets the immediate benefit.
- Mulch around any larger plants. Grass cuttings, Strulch or compost will help to keep the water in the soil.
- Save water from your kitchen. If you are washing the produce from your garden, use that water for your plants. You can also use the water from boiled eggs and vegetables.



- Consider putting a bucket in the bottom of your shower. If your shower is like mine and takes a minute to warm up, you could have a full bucket of water every day for your garden.



So, while Luly and I now have a brief opportunity to enjoy the fruits of our earlier labour, there really isn't much time to sit back! Next week I'll be turning my attention to the late autumn and winter crops, ensuring we have the seeds ready for sowing. This will include our late broccoli, both sprouting and Romanesco, cauliflower, red cabbage, kohlrabi and fennel to name a few, as well as our overwintered poly tunnel crops which will include salad leaves, broccoli, cauliflower and mustards.

If you do decide to have a go at growing late autumn and winter brassicas, make sure you keep the seedlings covered from the beginning, I learnt a very painful lesson last year and only just managed to save the whole of our overwintered cauliflower and purple sprouting

broccoli crops from being eaten by cabbage white caterpillars, which I had to locate with a magnifying glass and remove individually!

We also need to keep on top of our succession sowing. We're still regularly sowing lettuce, beetroot, fennel, radish, herbs, French beans and salad onions to keep a succession going through the summer months into autumn.

Finally, now the sun has arrived at last, don't forget to keep covered up and wear a hat in hot weather. If you must be out in the full sun, wear a sunscreen with the most natural chemical-free ingredients you can source.

Keep on growing and enjoying the amazing health benefits of being out in nature!

Janet



Matt Moseley
Regional Executive Chef
- ESS

This is a great Eastern Mediterranean salad that can be eaten on

its own as a light lunch or alongside grilled meats or BBQ this summer.

Equipment:

- Weighing scales
- Saucepan
- Grater
- Chopping board
- Knife
- 2x bowls
- Fork or hand whisk

Ingredients:

- 100g grated raw cauliflower florets
- 25g red quinoa
- 25g white quinoa
- 25g green lentils

- 25g giant cous cous
- 50g cooked tinned chickpeas
- 200g sprouting broccoli
- 25g rough chopped dried apricots
- Fresh coriander
- Fresh mint
- Fresh parsley
- 50ml virgin olive oil
- 25ml squeezed lemon juice
- 100g pomegranate seeds
- 50g grated coconut
- 100-150g bag of mixed leaves: your choice
- 2 tsp rose or smoked harissa.

Method:

1 Wash your hands and ensure your equipment is all clean and safe to use. Cook, chill and combine your quinoa, lentils and cous cous with your chickpeas and raw grated cauliflower (it is best to cook separately, chill, then combine to avoid muddying colour, texture and flavour).

- 2** Steam or boil your broccoli, refresh and ensure it is chilled and cut into nice sizes to be eaten with a fork – add to your pulse mixture.
- 3** Rough chop all fresh herbs then combine with your lentil/quinoa/broccoli mixture. Then add your chopped dried apricots.
- 4** Wash and spin dry your chosen bag of mixed leaves – combine with your pulse, broccoli, apricot and herb mixture, lightly with your hands or salad servers.
- 5** In a serving bowl whisk together your lemon juice, olive oil and harissa and again with clean hands or salad servers combine and lightly dress the above.
- 6** Gently put all your combined salad mix into your chosen serving bowl.
- 7** Cover/top with grated coconut and pomegranate.

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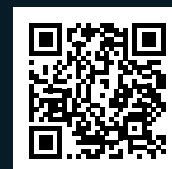
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