

HELLO

and welcome to the April issue of our Wellness Newsletter.

APRIL 2022

HEALTHIER MIND

HEALTHIER FOOD

HEALTHIER BODY

HEALTHIER WORLD

This month's newsletter highlights Ramadan and Easter, both religious celebrations which can affect what and how much we eat. This month, will you be ditching the car and going to work by foot for **Walk to Work Day** or supporting **Stop Food Waste Day** by using up your leftovers to reduce food waste which is contributing to climate change?

This month is also **Stress Awareness Month**, **International IBS Awareness Month** and **Bowel Cancer Awareness Month**. Did you know that our brain and our gut are linked and therefore what we eat can affect our mood and vice versa? Read on to find out what **Simon Coulter**, Group Executive Chef, has learnt about his during this during his time on the '**Forward with Marcus Wareing**' Apprenticeship.

That's not all...

This edition highlights that we all need to play our part and take action to preserve our world for **Earth Day**. This month will you be ditching the car and going to work by foot for **Walk to Work Day** or using up our leftovers to reduce the amount of food waste which is contributing to climate change to support **Stop Food Waste Day**.

Harjeet Moore

Head of People

Health and Wellbeing Initiatives in April:

- **Stress Awareness Month**
- 1st-29th April
- **International IBS Awareness Month**
- 1st-29th April
- **Bowel Cancer Awareness Month**
1st-30th April
- **Walk to Work Day** - April 1st
- **World Autism Awareness Day**
- April 2nd
- **Earth Day** - April 22nd
- **Stop Food Waste Day** - April 27th

RAMADAN

HEALTHIER FOOD

The holy month of Ramadan is the ninth month of the Islamic calendar and a time when many Muslims across the world fast (no eating or drinking) during daylight hours.

Fasting causes the body to use its carbohydrate stores and fat to provide energy throughout the day once all the calories from the meals consumed after sunset and before dawn have been used. Further, not drinking during the fast will also

mean most people will experience mild dehydration. This may lead to headaches, constipation, tiredness and difficulty concentrating. Considering what you eat and drink at **Iftar** and **Suhoor** can help you during your fasting periods.



Iftar

The meal to break the fast after sunset.

First, ensure you drink plenty of fluids and eat low fat, fluid rich foods and foods containing some natural sugars for energy (avoid consuming foods and drinks high in added sugars).

Examples include:

- Drinks such as water, smoothies, fruit juice, milk, lassi, tamar hindi or sobia
- Soups such as 'Chorba'
- Dates, watermelon, mango; 'qamr id-deen'.

After breaking the fast, consume a balanced meal that provides you with starchy foods, including wholegrains, fruit and vegetables, dairy foods and protein-rich foods like meat, fish, eggs and beans.

For example:

- A range of curries including fish, meat, vegetables and pulses, served with rice, chapattis and yogurt
- Kichiri – A rice and lentil dish
- Ful madammas – A warm dip made with fava beans

More recipe ideas can be found [HERE](#).

Suhoor

This is the meal before dawn.

- Drink plenty of fluids and choose fluid-rich foods such as cucumber, tomatoes, apples, celery and lettuce to make sure you are well hydrated for the day ahead.
- Go for starchy carbohydrates, choosing high fibre or wholegrain varieties where possible. These can help keep you fuller for longer and can aid digestion to prevent constipation. For example: oats, high fibre breakfast cereals, wholegrain breads or couscous mixed with sultanas and buttermilk.
- Avoid consuming foods high in salt, e.g., hard cheese or preserved meats, as this can make you very thirsty during the fast and can increase risk of dehydration.



Nutritionist Tip:

The quality of your diet is especially important during Ramadan and although it may be tempting to treat yourself to foods high in fat, saturated fat, salt and sugar, it is recommended not to base your diet on these foods and only have a small amount each day.



This month's InclusiviTEA is on Ramadan

This is a chance to meet with other colleagues in the business and to share experiences and knowledge about significant cultural topics and events. It is a great way to raise awareness, educate ourselves and have open discussions. If you are interested in joining, please email: diversity@compass-group.co.uk.

EASTER

Traditionally, Easter Sunday marks the end of Lent, a 40-day period of fasting.

Today it is more common to give up a particular food such as chocolate or cake during this time instead. Easter Sunday is often celebrated with a family meal and can also involve eating chocolate eggs!

Did you know milk chocolate has small amounts of some minerals such as potassium, calcium and magnesium? Plus, dark chocolate and cocoa powder contain small amounts of iron and cocoa

flavanols that can help with healthy blood flow and circulation which may bring benefits to heart health!

But it is also worth remembering that all types of chocolate (dark too!) are high in energy, saturated fat and free sugars. Eating too much energy can contribute contribute to weight gain and too much saturated fat can increase the 'bad' cholesterol which is not good for your heart health.

How to keep things balanced over Easter:

- Do not graze on chocolate all day, this can make it hard to keep track of how much you have eaten. Plus, grazing can throw off your appetite, make us feel sluggish, have low energy and affect our mood..
- Remember Easter chocolate isn't going anywhere so there is no need to eat it all in one weekend and make yourself feel unwell.
- Did you know when you eat lots of the same food, it can start to become less enjoyable? Try and notice when this starts to happen. Does the chocolate taste as good on the tenth bite as it did on the first? Perhaps coming back to it tomorrow will be more satisfying.
- Opt for mini versions of Easter eggs or share with friends and family.
- Go for dark chocolate eggs with a high percentage of cocoa. You may find the strong flavour will mean you eat less.



In the lead up to Easter, check out our Instagram page for more tips on how to have a healthier break! Find and follow us at **'WeAreESS'**.



- Focus on activities other than chocolate, e.g., arts and crafts such as bonnets and bunnies, or hiding stickers and toys in your typical Easter egg hunt.
- Use the chocolate to make an Easter Day dessert so there will be less chocolate to graze on.

MINI CHOCOLATE CHEESECAKES

Ingredients:

- 14 milk chocolate digestive biscuits, finely crushed
- 100g butter, melted
- 500g ricotta
- 3 eggs, beaten
- 1 tsp vanilla extract
- 200g left over Easter egg chocolate, broken into chunks
- 125g icing sugar
- 36 mini chocolate eggs (from the Easter egg hunt!)

Method:

- 1 Heat oven to 150°C / 130°C fan / Gas 2. Line muffin tin with 12 paper muffin cases.
- 2 Put biscuits in a food bag and bash to small crumbs with the end of a rolling pin, tip into a bowl and stir in the melted butter until crumbs are nicely coated, spoon into paper cases and press down into the bottoms to make a firm base.
- 3 Add ricotta, eggs, vanilla and melted chocolate to a large bowl. Beat everything together with an electric whisk or wooden spoon. Spoon into cases right up to the top and tap the tin to get rid of any air bubbles.
- 4 Bake for 30 minutes, remove from oven and push 3 mini eggs into the top of each cheesecake. Let the cheesecake cool completely before serving.



THE BRAIN-GUT AXIS

HEALTHIER BODY

This month it is Stress Awareness Month and Irritable Bowel Syndrome Awareness Month.

Did you know that your brain and your gut regularly talk to each other?

This is through our brain-gut axis. Therefore, what we eat can affect our mood and, vice versa, our mental health can impact our digestive system, meaning being stressed can aggravate IBS symptoms.

A cohort of Compass chefs, including ESS chefs Lee Brooking, Matt Lord, Lee and Simon Coulter, are part of the 'Forward with Marcus Wareing' apprenticeship programme and recently attended a workshop on gut health.



Simon Coulter, Group Executive Chef shares his experience and what he learnt along the way.

"What we learned was absolutely amazing and personally, changed how I think about food. We learned that there is a brain-gut axis correlation between your gut and how you feel. The gut is essentially a second brain and produces a large percentage of our neurotransmitters that carry messages straight to the brain through a 'superhighway' called the vagus-nerve. Simply put, if the gut is provided with the nutrients it requires through a healthy balanced diet of essential fats, fibre and protein, it will produce

a thriving micro-biome (a community of good gut bacteria) that break down your foods effectively, harvesting essential nutrients to fuel your mind and body and sending clear and positively charged messages to your brain. This leaves you feeling happy and energised."

BOWEL CANCER AWARENESS MONTH

1ST-30TH APRIL

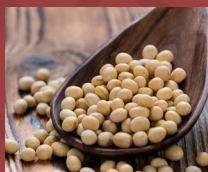
Bowel cancer is one of the most common types of cancer diagnosed in the UK¹.

Bowel cancer is one of few cancers that can be impacted by our lifestyle choices, e.g., diet, weight, exercise, alcohol and smoking may all affect your risk of getting it.

Fibre is a key nutrient to keep our digestive system ticking over and healthy. It can feed and promote the growth of good bacteria in our gut and keeps our bowels moving regularly.

Research has shown there is a link between a high fibre diet and reduced risk of bowel cancer.

1. <https://www.nhs.uk/conditions/bowel-cancer/>



FIBRE: WHAT, WHERE AND WHY? WELLNESS WEDNESDAY WEBINAR

JOIN OUR WELLNESS WEBINAR ON WEDNESDAY 6TH APRIL AT 14:30.

Fibre is an essential nutrient in our diet and, as a nation, we are not consuming enough. Find out more about fibre: what it is, where it comes from in our food, the benefits to our health and much more! Click [HERE](#) to join.

WALK TO WORK DAY

APRIL 1ST

Put your car keys down, set your alarm a little earlier, make some overnight oats for an on-the-go breakfast and plan your route to work.

Walking to work may not be possible for everyone - if you live too far away or work from home - but, you can still get involved. Here's how:

- Use public transport such as a bus or train, then walk from the final stop into work
- Park slightly further away than you usually would, down the road or in a different car park
- Go for a brisk walk in your neighbourhood prior to sitting down at your desk.

No matter what, walking is a super healthy and planet friendly way to start the day. Try to make this a habit and practice it once a month, once a week or even every day!

EARTH DAY

APRIL 22ND

This year's Earth Day theme is: 'Invest In Our Planet. What will you do?'

Compass Group UK&I has set out its plan to reach Climate Net Zero by 2030. But we need everyone to act to do their bit to protect the planet. There are so many actions, big and small, you can take to make a better world for everyone.

- 1 Drive less, walk more, or use public transport
- 2 Try participating in meat free Mondays
- 3 Break free from single use plastics
- 4 Pledge to use reusable shopping bags
- 5 Change from paper bills and post and opt for online and email receipts
- 6 Buy local and in season to reduce the distance from farm to fork
- 7 Practice sustainable fashion, donate and consider buying pre-loved items
- 8 Turn off electronics and lights in rooms when not in use
- 9 Use water wisely, take a shower instead of a bath and turn off taps while brushing your teeth
- 10 Fight food waste by composting or even better stop food waste to support **Stop Food Waste Day** on April 27th.

Find out more here: **Earth Day – 52 ways to invest in our planet**



EARTH DAY NETWORK

STOP FOOD WASTE DAY

APRIL 27TH

For Stop Food Waste Day, Compass Group is creating a Global Food Waste Recipe Cookbook.

This will feature the best of our colleagues' food waste recipes from around the world, the stories behind the food and why reducing food waste matters.



Here is a sneak peek of a recipe submitted by **Graham Singer, Culinary Director** for ESS Energy and Compass Scotland.

In 2021, Graham led the development and delivery of a ground-breaking sustainable menu for COP26, the UN Climate Change Conference in Glasgow in November. The focus was on showcasing locally-sourced

produce with a low carbon footprint and minimal waste.

It was Graham's passion for food sustainability and Scottish produce, and years spent building relationships with suppliers across Scotland, that made him the perfect fit for the project. He has long been committed to this work and is responsible for giving many smaller producers access to the ESS and Compass supply chains.

Graham is heavily focused on sustainability in his day-to-day role overseeing the feeding of thousands of customers on and offshore.

Find out more at <https://www.stopfoodwasteday.com/en/index.html>

STOP
FOOD
WASTE
Day®



SPINACH, KALE AND VEGAN CHEESE FRITTATA WITH A POTATO AND CRESS SALAD

Serves 10/ 10-15minutes prep time/ 15-20 minutes cooking time

Ingredients:

- 350g fresh spinach (stalks & leaves)
- 350g kale (stalks and leaves), cooked
- 100g vegan cheese grated
- 100g mixed cress (watercress or mustard cress)
- 500g cooked, diced potatoes
- 8g rapeseed oil
- 6 medium eggs
- 190g white onion
- 1g black pepper, ground
- 2g whole nutmeg grated

Method:

- 1 Dice the white onion and cook gently in a frying pan with a tablespoon of olive oil. Season to taste with the pepper and grated nutmeg and allow to cool.
- 2 In a mixing bowl, mix together the eggs, the cooked diced onions.
- 3 Lay a baking tray with a non-stick baking paper, place the cooked diced potatoes on the bottom of the tray, and add the cooked spinach and kale then the vegan cheese on top.
- 4 Pour the egg mix on top and bake in an oven at 200°C for 15 to 20 minutes.
- 5 Cool and cut into portions.
- 6 Serve with the mixed cress.

Story behind the Recipe:

This type of recipe is close to my heart as it focuses on using simple, natural ingredients with a strong sustainable message. I believe it's important to get the most out of our ingredients and the fresh produce that we buy. I think a dish such as this is fantastic as it gives the opportunity to use any left-over ingredients to make a light and simple meal suitable for lunch or dinner that normally would go to waste.

WORLD AUTISM AWARENESS DAY

APRIL 2ND

What is autism or Autism Spectrum Disorder (ASD)?

- ASD refers to a broad range of conditions characterised by challenges with social skills, repetitive behaviours, speech and nonverbal communication.
- ASD is a spectrum condition and affects people in different ways.
- ASD is not an illness or a disease. It means your brain works in a different way from other people's. It's something that you're born with or first appears when you're very young and will remain throughout your life. There are treatment options such as therapy to help support people with autism.

Did you know that a person who has been diagnosed to be on the autism spectrum may be better at a particular job than someone who is not? Gaining an understanding of an individual's strengths, weaknesses, talents and support required can open up new possibilities for organisations.

Candidates diagnosed with Autism or ASD often demonstrate above-average skills in some or all the following areas:

- High levels of concentration
- Reliable, conscientious, and persistent
- Accuracy, close attention to detail and the ability to identify errors
- Technical ability, such as IT
- Detailed factual knowledge and excellent memory.



In ESS, we encourage equality and diversity in the workplace, and this includes promoting a more autism-friendly environment.

THE GRATITUDE TREE

Please share what you
are grateful for.



GRATITUDE

Being grateful is a sense of appreciating how much we have - when we are not taking our blessings for granted.

During our busy lives and at a time when the news is filled with such distressing scenes, it can be challenging to see the good around us. This is where a daily gratitude practice, such as taking some time each morning or evening to think about or write down the small things we're thankful for, can be helpful.

We asked some of our team to write down what they were grateful for on our 'Gratitude Trees'.

WELLNESS

ASK YOUR NUTRITION & WELLBEING SPECIALIST

Ask anything to do with nutrition, health & wellbeing.

Drop us an email and we will get back to you as soon as possible.



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If you have any queries, email and ask your ESS Nutrition and Wellbeing specialist at: ess.wellness@compass-group.co.uk.
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WELLNESS

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