

HELLO

JUNE 2022

and welcome to the June issue of our Wellness Newsletter.

HEALTHIER MIND

HEALTHIER FOOD

HEALTHIER BODY

HEALTHIER WORLD

What will you do this month to boost your overall health and wellbeing?

One small step at a time will help you achieve your lifestyle goals that best suit you.

Giving can give us a sense of purpose and benefit our mental wellbeing! This month give back to the environment to support **World Environment Day** (5th June). Or how about donating blood to support **World Blood Donor Day** (14th June)? Before donating, make sure you get your blood tested to ensure your blood glucose is healthy and you are not at risk of developing diabetes, a disease which affects millions in the UK and is marked by **Diabetes Awareness Week** (13th-19th June).

Feeling the stresses of everyday life getting the better of you this month? How about giving yoga a try on **International Yoga Day** (21st June)? It's a good stress management technique which helps you to focus on your breathing.

And don't forget to look after yourself by prioritising a healthy diet as highlighted across **Healthy Eating Week** (13th-17th June).

This month, we also encourage men to talk about their health and wellbeing to support **Men's Health Week** (13th - 19th June), which we highlight on our June webinar. But wellbeing is vital for us all and, as an organisation, it is top of our agenda – this is shared through **World Wellbeing Week** (27th June-1st July).

At ESS, we are committed to supporting and encouraging diversity and inclusion so join us and celebrate LGBTQ+ with all the colours of the rainbow during **Pride Month!**

Harjeet Moore

Head of People

THE QUEEN'S PLATINUM JUBILEE

Her Majesty the Queen will become the first British monarch to celebrate a Platinum Jubilee after 70 years of service. This article takes a look at the changes in food provision for our Armed Forces during Queen Elizabeth's reign.

ESS has provided food for the military for over 70 years. The food which is served to our military troops has changed significantly over the Queen's reign. In World War 2, before Queen Elizabeth was appointed her royal duties, soldiers' ration packs contained canned food. They could expect food items like:

- Tins of meat
- Packets of biscuits
- Packs of mints
- Boxes of matches and a tin opener
- Morale was kept high through provision of chocolate.

In the modern day, troops on active operations, such as those at war in Afghanistan, were given rations designed to meet all their nutritional requirements. The items aimed to provide a constant release of energy, with a minimum of 4,000 calories and high levels of carbohydrates:

- Meals for breakfast, lunch and dinner
- Biscuits and sweet snacks
- Energy drinks
- Disinfectant wipes
- Water purification tablets
- Dental chewing gum.

Nutrition is fundamental to military capability, as well as the health and wellbeing of personnel. Nutrition forms part of the preparation for operational duties to ensure optimum fitness.

This was recognised when the Military introduced the JSP 456 Volumes 1 & 4 which highlight the nutrition and catering requirements to ensure operational readiness. In 1985 the Military introduced Military Dietary Reference Values (MDRV) for energy, macro and micro-nutrients were published and reviewed again in 2016 due to the ever changing population and dynamic of energy requirements. To further support healthy balanced meals for personnel, the Armed Forces Food Based Standards were developed and a Core Charter was launched in 2016.

At ESS we have a dedicated Nutrition and Wellbeing team to ensure that the meals are compliant with the legislation. We actually go above this through developing our Nutritionist's Choice meal on offer whilst still ensuring energy and nutrient requirements are met. This is also supported by our wider wellbeing services which is underpinned by ESS' Wellbeing Commitment.





WE ARE EXCITED TO SEE ALL YOUR JUBILEE CELEBRATIONS

Don't forget to share them on workplace, social media and email pictures to: ess.wellness@compass-group.co.uk to be included in next month's newsletter.

WORLD BLOOD DONOR DAY

22ND JUNE

Do you know what blood type you are? If you don't, let this be the nudge you need to find out and offer to donate your blood to help save a life.

Every year, countries around the world celebrate **World Blood Donor Day** (WBDD). The event serves to raise awareness of the need for safe blood and blood products and to thank voluntary, unpaid blood donors for their life-saving gift of blood.

For individuals with sickle cells disease, leukaemia and excessive bleeding from trauma safe and sufficient blood gives them the best chance of survival. Will you become a key component of an effective health system and donate your blood?.

There are eight different types of blood – some which are rare and others which we find in an abundance. Problems arise when a blood type is rare but in high demand from hospitals. For example, the Ro subtype of blood, which is used to treat people with sickle cell. Only 2% of current donors have this type of blood but its demand is increasing by 10-15% each year. The combination of being rare and sought after makes people with this blood type very important donors.



INTERNATIONAL YOGA DAY

21ST JUNE

The word 'Yoga' originates from the Sanskrit root 'yuj' which means 'to join' or 'to unite'.

This day aims to spread awareness of the benefits of practicing yoga. Yoga is a great way to focus on your mind and body to improve wellbeing as it has lots of great health benefits.

Yoga can help:

- Build strength, flexibility and body tone
- Practice relaxation
- Improve respiration by focusing on your breathing
- Manage stress and anxiety
- Those with diabetes, high blood pressure or cholesterol to take part in physical activity.



HEALTHY EATING WEEK

13TH-17TH JUNE

This year, the British Nutrition Foundation's big message for the Healthy Eating Week is 'eat well for you and the planet!'

Each day of the week will have a different theme, these are highlighted below:



Focus on fibre

For meals and snacks

Did you know that, on average, we consume 11g less fibre per day than the 30g recommended per day? Higher intakes of fibre are associated with a lower risk of coronary heart disease, type 2 diabetes and colorectal cancer. Despite this, most of us are not getting enough!

Want to find out how to increase your fibre intake and meet the guidelines? Check out our short video clip on fibre [HERE](#).

Get at least 5 A DAY

Put plenty on your plate

In keeping with pride month, why not try to eat a rainbow and include new fruits and vegetables. This will ensure you get a wide range of vitamins and minerals? For example, oranges are high in vitamin C while green leafy veg is high in iron.

A healthy and balanced diet does not need to be restrictive. Pile your plate with plenty of fruits and vegetables to get all the vitamins and minerals the body needs to stay healthy.

Below are a few ideas on how to boost your vegetable intake:

- Mashed swede and carrot
- Baked parsnip chips
- Courgette pasta
- Cauliflower rice



Vary your protein

Be more creative

Protein doesn't just mean meat! Actually, the majority of the food we consume contains a small amount of protein. However, it is good to include higher protein foods on our plate such as beans, pulses, fish, eggs, nuts, seeds, tofu, quinoa, dairy products and other vegetarian alternatives.

It can be easy to fall into the trap of consuming the same foods each day for weeks as that is what we are used to, so why not challenge yourself to be more creative with your protein intake? Here are a few suggestions:

- Try trading breadcrumbs for walnuts to top your baked fish
- Flavour dishes with pesto
- Bulk soups out by adding chickpeas
- Swap snacks for hard-boiled eggs, apple and peanut butter or nuts
- Opt for a tuna sandwich rather than deli meat, or
- Make a sandwich wrap from eggs.



Stay hydrated

Fill up from the tap

Got your diet in check but still feeling sluggish and tired? This may be due to lots of reasons, but one which is an easy fix could be your hydration levels. Being dehydrated can lead to fatigue, lack of concentration and headaches - we are approximately 2% dehydrated before we feel thirsty!

It is advised to drink at least 6-8 glasses (150 ml) of fluid a day to replace the fluid we lose throughout the day from just breathing to going to the toilet. This Healthy Eating Week, people are encouraged to fill up from the tap. Invest in a reusable water bottle to reduce the number of plastic bottles being used.

Reduce food waste

Know your portions

Over the years, what we think of as a correct portion size has gradually increased. We don't want anyone to go hungry when serving up meals, but do you often find yourself buying too much food or cooking too much which is then wasted?

Get portion wise! The British Nutrition Foundation has created resources to help you understand the correct portions of different foods - click [HERE](#) to find out more.



WORLD ENVIRONMENT DAY

5TH JUNE



WORLD ENVIRONMENT DAY 2022

#OnlyOneEarth

Our earth has boundaries which for years have been pushed to their limits. There is only one earth, and it is our collective responsibility to protect it. Research suggests that we have less than ten years if we want to make a real difference, limit climate change and avoid ecological collapse before the damages become irreversible.

2022 marks 50 years since the Stockholm Conference, the first global conference on the environment. Since then, **World Environment Day** has taken place on 5th June every year. This day highlights the progress already made and encourages us to care for the environment to improve the quality of people's lives.

What is the global response?

In 2015, the United Nations General Assembly adopted the **2030 Agenda for Sustainable Development** and established **17 Sustainable Development Goals** (shown below) as a global roadmap to help us restore the natural world.



Let's aim to live a cleaner and greener lifestyle.

To find out more visit: <https://www.unep.org/interactive/measuring-progress-environment-sdgs/>

DIABETES AWARENESS WEEK

13TH-19TH JUNE

This is your

DIABETES WEEK

13-19 June 2022

This week celebrates the millions of people living with diabetes, juggling the ups and downs of the disease and their blood glucose levels.

It is estimated that 3.8 million people aged 16 and over have been diagnosed with diabetes and nearly 1 million more are unaware they have the condition. Diabetes occurs when the body can't use sugar properly and, as a result, blood glucose levels can be high if not controlled.

There are 2 types of diabetes – type 1 and type 2. Around 90% of people with diabetes have type 2.

Type 2 diabetes tends to be diagnosed in people over the age of 40 years. The good news is type 2 diabetes can be managed through maintaining a healthy weight, stopping smoking, being more active and consuming a healthy, balanced diet.

Previously we held a webinar on all things related to diabetes. You can catch up by visiting our **WeAreESS YouTube channel** [HERE](#) – don't forget to like and subscribe to see more of our content.



MEN'S HEALTH WEEK

13TH-19TH JUNE

Men, want to be top of the game both physically and mentally? It's time for your MOT!

This year, Men's Health Forum, founders of **Men's Health Week**, is encouraging men everywhere to give themselves an MOT. We know that men are less likely to talk about their health and wellbeing, so we reached out to some of our team to engage with them about their experiences with health.



Scott Freeman, Culinary Director for ESS Defence and Government Services, shares what he does to stay healthy.



"I try to eat healthily and live as much of an active lifestyle as I can. I used to love going to the gym in my 30s but, as family life and my new role came to the forefront, I found myself not having as much time to do this anymore.

"These days I get up at 5:30am every morning and I am in the swimming pool and home before my family have even woken up and my workday has begun. I don't count my lengths

but focus more on my breathing techniques which I find is almost meditative and helps me to get ready for a day at work.

"Finding a way to still do some exercise and stay fit is really important to me and, although it's really hard in the winter when it's dark and raining, the longer-term health benefits far outweigh the early starts."



Matt Mosely, Regional Executive Chef, highlighted that back pain is a common injury suffered by chefs as a result of being on their feet for long periods at a time, putting immense strain on their back. He shares the advice he gives to his team who reach out for support.

- Kitchen shelving often doesn't cater for the different heights of each chef. Instead of struggling to reach up, use a step or step ladder.
- When picking up heavy pots and pans, ask for help. Kitchens are busy workplaces, but your colleagues will be happy to help. Getting help is faster than struggling to lift something and it saves you the back pain later.
- Using a trolley to transport and storing heavy items at waist height could help to reduce the risks.
- Position your feet directly below your shoulders and try to keep your head back and not tilted forward. The more you lean forward, the more stress your cervical spine has to bear.
- Avoid 'dish neck' by keeping your head and shoulders back and over your hips when you're washing dishes or prepping food on work benches.



We all have our own reasons why keeping in good health is important to us, but we must take action to ensure we stay on track!

MEN'S HEALTH MOT

WELLNESS WEDNESDAY WEBINAR

This month's Wellness Wednesday Webinar will be focusing on all things men's health, from top to toe!

Tune in on **Wednesday 8th June at 14.30** to find out more information on mental health, heart disease in men and prostate cancer, as well as signposting to some fantastic resources. This is aimed at everyone – all men and everyone with a male friend, family member or work colleague! Click **HERE** to join.



WORLD WELLBEING WEEK

27TH JUNE-1ST JULY

World Wellbeing Week is an opportunity for us to promote awareness for the wide-ranging aspects of wellbeing, including social, physical, emotional, financial, career, community and environmental wellbeing. At ESS, health and wellbeing are always top of our agenda.

The pillars of our Wellness Commitment below underpin everything that we do. We believe that providing the right education and environment can help to change lives for the better.



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At ESS, we believe prevention is better than cure.

To do this we take a holistic and tailored approach that aims to empower our customers, clients and colleagues with knowledge to create healthier behaviours.

The tailored support provided by our nutrition and wellbeing specialists empowers individuals to take action to improve their own wellbeing.

We recognise that wellbeing is much wider than our physical or mental health. Therefore, our approach also consists of a much wider agenda to include the food we provide and the environment - including the environment we work in and the bigger picture of creating a more sustainable future for our planet. This enables our approach to contribute to building a better and brighter future for all.

ASK YOUR NUTRITION SPECIALIST & WELLBEING PARTNERS

WELLNESS

Ask anything to do with nutrition, health and 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
Subscribe to **WeAreESS** YouTube channel and follow **WeAreESS** on Instagram.

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WELLNESS



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