

HELLO

... and welcome to April's
Wellness newsletter.

APRIL 2021

- STRESS AWARENESS MONTH ● WORLD HEALTH DAY ●
- WORLD HEALTH DAY ● EARTH DAY ● STOP FOOD WASTE DAY ●

HEALTHIER MIND

HEALTHIER BODY

HEALTHIER FOOD

HEALTHIER WORLD

It's another busy month in the world of Wellness, including **Stress Awareness Month**, which is a great time for you to re-evaluate your busy life – are you doing all you can to keep healthy, happy and de-stressed?

Increasing research highlights the importance of digestive health in maintaining our overall health. It's also good to be aware of the early signs and symptoms if something isn't right – this is the aim of **Bowel Cancer Awareness Month** (1st-30th), to raise awareness and get us talking a bit more about the subject. Alongside this, walking can be great for both our physical and mental health so join us for **Walk to Work Day** (Friday 2nd April) and read on for more tips to get moving.

This month we are also raising awareness for **World Autism Awareness Day** (Friday 2nd April),

spreading the message of staying healthy for **World Health Day** (Wednesday 7th April) and highlighting ways to look after our planet on **Earth Day** (Thursday 22nd April).

Do you feel like you're constantly throwing away out of date food from your fridge or getting stuck with what to do with your leftovers? This month's newsletter will help you to love your leftovers on **Stop Food Waste Day** (Wednesday 28th April) and give you a handy recipe to use up what's in your fridge. Finally, On Your Feet Britain (Thursday 29th April) is a great excuse to stop sitting down and get up and about.

Whilst this month's newsletter should provide you with some tips on how to maintain our health, don't forget to also check out our Instagram, TikTok and YouTube Channel for more – just search 'WeAreESS'.

STRESS AWARENESS MONTH

1st-30th APRIL

Feeling stressed? Some stress is completely normal in life and can be beneficial to help us work well under pressure, however it's important to be mindful and aware of the times when it can have a more negative effect.



If you're stressed over a prolonged period of time, it can actually be detrimental to health. Too much stress can damage relationships, lead to poor mental health, change the way that you behave or even create physical symptoms. Look out for the resources on the wellbeing board this month to help you identify and deal with stress, or read on to find out more...

What are the signs of too much stress?

Physical symptoms can include headaches, muscle tension, digestive problems or chest pain.

Mental symptoms range from having difficulty concentrating and struggling to make decisions, to having a constant feeling of worry. We can also see changes in behaviour, such as over or under eating, increasing consumption of alcohol or smoking, as well as sleeping too much or too little.

How can I cope with stress?

We can deal with, and prevent, stress by managing our external pressures to avoid stressful situations happening, as well as developing emotional resilience to help handle stress. Turning to alcohol, drugs or smoking is the most unhelpful thing you can do.

- **Talk about it** with a friend, colleague, family member or healthcare. Talking through your worries can instantly make you feel better.
- **Practicing mindfulness** or other breathing techniques.
- **Getting regular exercise** (150 minutes moderate intensity or 75 minutes vigorous intensity per week) can clear your head, as well as giving you endorphins which can improve mood and help you to feel calmer.

- **Using time management techniques** or planning ahead can also reduce the likelihood that certain situations or events will create stress.

If any of the above sounds familiar, or if you're overwhelmed, worried and it's affecting your day to day life, remember that you are not alone. Reach out and talk to a friend, family member, colleague or your GP.

You can also access our **Employee Assistance Programme**, drop us an email at ess.wellness@compass-group.co.uk or check out our tip videos and webinars.

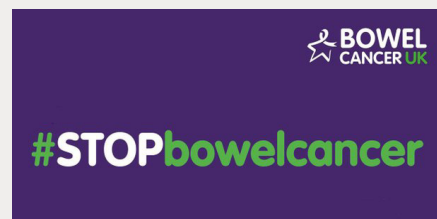
BOWEL CANCER AWARENESS MONTH

HEALTHIER BODY

1st-30th APRIL

Cancer is often a topic which we avoid speaking about, however starting the conversation and understanding more about it can be really important to raise awareness, spot the signs early and reduce our risk.

Over half of
bowel cancers
could be prevented
by adopting a
healthier
lifestyle.¹



This month is **Bowel Cancer Awareness Month** – are you aware of the signs and symptoms and how you can reduce your risk? Research suggests that over half of bowel cancers could be prevented by having a healthier lifestyle.¹ There are different areas you can focus on to reduce your risk of bowel cancer including:

Diet

Eating too much red and processed meat can increase our risk of bowel cancer. The Department of Health recommends that we limit red (beef, lamb and pork) and processed meat (bacon, sausages, salami etc.) consumption to 70g cooked weight per day (about 500g per week). This is equivalent to a maximum of three rashers of bacon, three slices of ham or a quarter pounder beef burger per day.

As well as this, keeping a healthy bowel and digestive system is important to prevent bowel cancer. To do this, we should aim to eat 30g of fibre each day from wholegrain foods such as brown bread, pasta and rice, as well as pulses like beans, peas and lentils and a variety of fruit and vegetables. This can add bulk to our stool, help keep our guts healthy and minimise the time food spends in our digestive tract.

Alongside food, we should be drinking about six to eight glasses (1.5 litres) of fluid per day to stay hydrated for a healthy bowel. This includes water, tea, coffee and sugar free squash. Our intake of sugary drinks and juices should be reduced, however, if you are consuming these, make sure you factor this into your daily calorie intake.

Body weight

It's estimated that 11% of bowel cancers in the UK are linked to being overweight or obese.¹ To maintain a healthy bodyweight, we should aim to eat a healthy and balanced diet while being physically active. The average woman needs around 2000 kcal per day and the average man 2500 kcal. The government recommends that we eat 400 kcal for breakfast, 600 kcal for lunch and 600 kcal for dinner, with the rest being used for healthy drinks and snacks.

Physical activity

People who are more physically active have a reduced risk of bowel cancer. We should aim to do at least 150 minutes of moderate intensity activity a week such as walking, dancing or cycling, or 75 minutes of vigorous activity a week such as running, swimming or team sports. Don't forget that physical activity doesn't always

mean exercise, it can be as simple as taking the stairs over the escalator, doing the housework or walking to work. It's just about getting moving. What's more, exercise also helps strengthen our internal muscles which help push food through our digestive system, minimising transit time meaning less toxins are absorbed.

Alcohol and smoking

Too much alcohol or smoking can increase the likelihood of cells mutating and becoming cancerous. For cancer prevention it's best not to drink alcohol at all, however, if you do, you should limit your consumption to no more than 14 units per week and spread your drinking over three or more days. That's the equivalent of six pints of beer, six glasses of wine or six double spirit measures. Furthermore, 7% of bowel cancer cases are linked to smoking, with the risk increasing the more cigarettes smoked each day.¹

Visit **Stop smoking treatments - NHS** (www.nhs.uk) for more information on how to stop smoking.

For more information about bowel cancer visit: **Bowel Cancer | Bowel Cancer UK**

WALK TO WORK DAY

2nd APRIL

While April showers make it all the more tempting to get in the car and drive to work, why not pop on your raincoat, grab your wellies and get some steps in?

Sometimes we can forget that walking is actually a form of exercise – even a 10-minute brisk walk can count towards our recommended 150 minutes of moderate intensity exercise per week! When working from home it can be all too easy to roll out of bed and go straight to your desk, but what if you got a few steps in first?

Did you know that walking can help you to build stamina, burn excess calories and have a beneficial effect on heart health?¹ As well as this it's free, better for the environment than driving, can benefit your mental health and can also be sociable!

A brisk walk before work can set you up for the day and leave you feeling energised. If your commute is too far, why not try getting off your bus a few

stops early, parking your car in the furthest away car park or getting out for a lunchtime stroll? A quick walk can boost your mood and make you feel more productive.

Find you don't have time during the day? Now that the nights are getting lighter, why not go for a walk in the evening as well to help you unwind and help ensure a more restful sleep. There are lots of activity trackers and apps which can help you with motivation to get stepping. Grab a friend and a pair of comfy shoes and challenge yourself to get walking every day this week!

If you have been inspired to step out, snap a photo and send it to us at ess.wellness@compass-group.co.uk to be featured in next month's newsletter!

1 Walking for health - NHS (www.nhs.uk)

Walking can help to build stamina, burn excess calories and have a beneficial effect on heart health.¹

WORLD AUTISM AWARENESS DAY

2nd APRIL

Did you know that around 1 in 100 people are autistic?¹

World Autism Awareness Day is all about recognising, celebrating, and accepting those with autism. Autistic people often face discrimination in our society, workplaces and schools, but this year it's time to change this.

The Covid-19 pandemic means fewer autistic people have access to their vital support systems and have increased stresses and worries which

can affect daily life. The ever-changing guidelines and restrictions can be confusing to understand and difficult to implement for autistic people.

Working from home remotely, online schooling or self-isolating present a significant challenge for most of us, however these situations are especially difficult to overcome for autistic people without their usual support.

Autism Awareness Day is vital to increase understanding and acceptance, help provide support, and raise awareness of the challenges those with autism have to overcome.

Visit <https://www.autism.org.uk/advice-and-guidance/what-is-autism> to find out more about what autism is and how you can help yourself or those who are autistic.

1 <https://www.autism.org.uk/get-involved/raise-money/world-autism-awareness-week/waaw-in-the-workplace>



WELLNESS WEBINAR

HEALTHIER BODY

7th APRIL AT 14:30

We Are Only Human

Join us on 7th April at 14:30 when we will be talking about our gut microbiome, how we can feed our 'good' bacteria and how this affects our gut health.

Click [HERE](#) to join. If you would like to gain access to future webinars directly to your inbox please email: ess.wellness@compass-group.co.uk

WORLD HEALTH DAY

HEALTHIER BODY

7th APRIL

The World Health Organisation (WHO) celebrates World Health Day on 7th April each year, aiming to create awareness of different health themes which are important.

In the past this has included mental health, child and maternal care and climate change.¹ Underpinning all themes, the key message of World Health Day is to enable widespread access to healthcare to all, without barriers such as financial difficulties.

Increasing access to healthcare can improve life expectancy and quality, as well as protecting countries from epidemics, reducing poverty, decreasing hunger, creating jobs, driving economic growth and enhancing gender equality.

¹ <https://www.who.int/westernpacific/news/events/world-health-day>

Primary health care is the most efficient and effective way to achieve health for all.

But too often, it is the most under-resourced part of the health system, with the biggest gaps in poor and marginalized communities.

We must act now to ensure no-one is left behind.

World Health Organization

EARTH DAY

HEALTHIER WORLD

22nd APRIL

This year, the theme of Earth Day is to 'Restore Our Earth'.

Earth Day is all about growing awareness and encouraging us to make small changes that contribute to a big change, for both people and our planet. Covid-19 and each lockdown we endured revealed how just a few weeks of fewer cars on the road, planes in the sky and ships in our oceans allowed nature to regenerate and thrive.

However, as life around the world returns to 'normal', Earth Day states that we cannot return to business-as-usual. With the pandemic being one of the largest global crises in this generation, Earth Day highlights that bigger and more frequent crises are imminent. Climate change, species loss, massive natural disasters and more pandemics have the power to impact our future, unless we act now to implement change.

We all depend on a healthy planet to support our jobs, livelihoods, health and happiness, but how can you help to 'Restore Our Earth'? Below are a few ideas to get you started!

1. Walk, cycle or get public transport for journeys where you can.
2. Join a local park, river or beach clean.
3. Use a reusable water bottle and a reusable mug for coffee on the go.
4. Shop local – support businesses and farmers in your community.
5. Hang your washing out to dry instead of using the tumble drier.
6. Switch off the lights when you leave a room.
7. Take the stairs instead of the lift – this saves energy (and boosts your physical activity!).
8. Donate or recycle old clothes instead of putting them into landfill.

Visit [Earth Day Tips](#) | [Earth Day Network](#) for more tips on how you can help 'Restore Our Earth'.

We all depend on a healthy planet to support our jobs, livelihoods, health and happiness.



STOP FOOD WASTE DAY

28th APRIL

Did you know that we waste 6.6 million tonnes of household food in the UK each year?¹

Around 70% (4.5m tonnes) of this is food that could have been eaten!¹ If we had not wasted this food, it would have had the same environmental impact as taking 2.4 million cars off the road for a year.¹ Not only is this a waste of valuable resources and contributing to climate change, it's also costing us a lot of money!

So, what can we do about it?

Why not try our top tips below, which will not only reduce your food waste but hopefully save you money and time as well?

- **Only buy what you need**
Write a list and stick to it!
- **Love your leftovers**
Have your leftovers for lunch the next day or get creative and use them in an omelette, soup, stew, curry or stir fry.
- **If you make too much, stock up your freezer**
Freeze leftovers as individual portions. If you don't think you'll use them quickly enough, prepare and chop your veggies to add to meals and freeze to use later. Alternatively opt for the next tip.
- **If you find it hard to use up your fresh food before it goes off, buy frozen, tinned and dried foods instead**
These have a much longer shelf life, are often much cheaper than fresh food and still contain all the goodness and nutrients!

Learn how to read packaging dates

Low risk foods, e.g. fruit and veg, don't need to be thrown away and will be safe to consume past their date! It is also good to use your own judgement, i.e. does it still look edible? Does it have a smell or is it starting to deteriorate?

Use by:

Foods that go off quickly usually have a use by date. Until this date, the product is safe to consume. If consumed after this date, it could lead to food poisoning. If a food is frozen, the 'use by' date is extended.

Best before:

Foods with a longer shelf life often have a best before date. Until this date, the product should have the same quality, taste and texture as when purchased. If consumed after this date, it will not be harmful but may not have the same flavour/texture.

STOP
FOOD
WASTE



Day®

Display until/sell by:

Occasionally we might see 'display until' or 'sell by' dates. These are used by retailers and staff for stock control purposes and are not important to you!

For more top tips and information, look out for the Waste Not, Want Not leaflet on the Wellbeing Board.

Have your
leftovers for
lunch the
next day!

¹ Food-surplus-and-waste-in-the-UK-key-facts-Jan-2020.pdf (wrap.org.uk)

WELLNESS SURGERY

21st APRIL

In April we're discussing emotional eating: what it is and how to cope with it.

We're also doing something a little different this month...

Head over to @WeAreESS on Instagram and pop an anonymous question in the box in our stories! Our ESS nutrition and wellbeing engagement officers, **Katrina** and **Tatiana**, will be answering your questions all about nutrition and wellbeing from 14:00 on 21st April.



If you don't have access to Instagram, you can send in your question to:
ess.wellness@compass-group.co.uk

STOP FOOD WASTE DAY

28th APRIL

RECIPE OF THE MONTH - Love Your Leftovers!

You've made a delicious Sunday roast, but now you have heaps of leftovers... how can you turn them into a quick and easy midweek meal that tastes great?

One of our defence executive chefs, **Lee Brooking**, features this month with a delicious recipe to use up your Sunday roast chicken... **Easy Leftover Cumin Chicken with Roasted Aubergine & Carrots with a Garlic Yoghurt Dressing**.

I am a huge fan of roast chicken – there's something semi-magical that happens in that oven when chicken is roasted. The flavours become more concentrated and, if you time things right, the texture is just perfect! In fact, it's so delicious and easy to re-use, I always cook an extra chicken with my Sunday roast. The roast chicken flavour is so much better than using chicken breast fillets – no matter how good the recipe!



HEALTHIER FOOD

Cooking a whole chicken is a much more cost-effective way of cooking too – you pay a premium for having someone else cut up your chicken and package it. It's so much cheaper and quicker to cook up a whole chicken at the weekend and then use the leftovers to create delicious, easy midweek meals – but that is where so many people come unstuck. Creating the leftovers is the easy part... *but what to do with them?*

LEFTOVER CUMIN CHICKEN WITH ROASTED AUBERGINE & CARROTS WITH A GARLIC YOGHURT DRESSING

Serves 4 / Cooking time: 35 minutes / 3 of your 5 a day per portion

Ingredients:

- 1 large aubergine (500g)
- 2-3 carrots (240g)
- 3-4 large potatoes (400g)
- 1 large red onion (210g)
- 2 garlic cloves, crushed
- 500g leftover roast chicken
- 2 tsp cumin
- 1 lemon, zest and juice
- 1 small handful coriander
- 2 tbsp rapeseed oil
- 300g low fat natural yoghurt
- 1 tbsp garlic infused olive oil

Method:

1. Preheat the oven to 200°C.
2. Wash and trim the aubergine then cut in 3cm cubes.
3. Wash and trim the carrots (no need to peel), cut into batons.
4. Wash and chop the potatoes into 2cm dice (no need to peel).
5. Peel the onion leaving the stalk intact and cut into quarters.
6. Place the potatoes on a baking tray and sprinkle with garlic and 1 tbsp rapeseed oil.
7. Place the rest of the veg on another baking tray and drizzle with 1 tbsp rapeseed oil.
8. Place both the potatoes and veg in the oven and cook until golden and crispy, 25-30 minutes, turning halfway through.
9. Tear the leftover cold chicken to any size you like.
10. Sprinkle the cumin over the chicken and mix in well to ensure an even coating and re-heat for 10 minutes ensuring the core temperature achieves 75°C (82°C in Scotland).
11. Zest and halve the lemon, then roughly chop the coriander (stalk and leaves).
12. Make the yoghurt dressing – put the yoghurt in a bowl, add the juice from half the lemons and add the garlic olive oil.
13. Once the veg is cooked, put all the veg including the potatoes in a bowl, add half the coriander, the lemon zest and toss to combine the veg.
14. Place the roasted vegetables on the plate, arrange the chicken on top of the veg, then drizzle over the yoghurt dressing, sprinkle with the remaining coriander and serve with a lemon wedge.

per average serving

Energy 1795kJ 429kcal	Fat 16.0g	Saturates 3.2g	Sugars 12.0g	Salt 0.4g
21%	23%	16%	13%	7%

of an adult's Reference Intake (8400kJ / 2000kcal)
Typical values per 100g; Energy 439kJ/105kcal

CHEF TIP

No leftover chicken? No problem! This tasty dish can be made with leftover turkey, beef or ham instead.

If you're vegetarian, why not switch the meat for chickpeas or tofu?

NUTRITIONIST TIP

Leave the skin on your carrots and potatoes to boost your fibre intake!

IMPORTANT NOTE ON FOOD SAFETY...

Please remember to get your chicken leftovers into the fridge or freezer within 2 hours of the chicken coming out of the oven. Chicken leftovers can usually be safely stored in the fridge for up to 3 days or the freezer for up to 1 month. Never freeze cooked chicken more than once. Always make sure you reheat cooked chicken until it reaches 75°C (82°C in Scotland)! If in doubt throw it away... food waste is bad, but food poisoning is worse!

If you try this recipe, we'd love to see how you got on!
Send us a photo: ess.wellness@compass-group.co.uk

ON YOUR FEET BRITAIN

HEALTHIER BODY

29th APRIL

Fed up of being sat down at your desk all day?

Feel like you're not moving enough? Feeling a little stiff? If your answer to any of the above questions is yes, 'On Your Feet Britain' day is the perfect excuse to help you #SitLess and #MoveMore!

Research suggests that regular movement throughout the day leads to better health, increased motivation, improved concentration and lots of other benefits!¹ So how can you make a few simple changes to get moving a little more?

Stand up when you're on the phone

Even better plug in your headphones and take your call while you walk around the block.

Choose the stairs

It can be all too tempting to grab the lift after a long day at work but try to use the stairs where possible. It's free exercise and can boost your step count!

Stand up, stretch and take a quick break from your desk every 30 minutes

Even if it's just two minutes, it can really help your posture, mood and productivity.

Walk, jog or cycle more

For shorter journeys, see if you can walk, jog or cycle instead of using the car or public transport. If you can't do this, why not try getting off the bus a stop early or parking at the other end of the street to increase your steps.

Challenge yourself!

Why not set yourself the challenge to move a bit more this month. Get a friend or family member involved and see who can do the most steps, get out for the most walks or try a new activity like yoga or a dance class!

For more tips, look out for the poster on your Wellbeing Board!

If you take part in On Your Feet Britain day, why not send us a photo so we can feature it in next month's newsletter? We'd love to know how you introduced a bit more movement into your day – drop us an email at: ess.wellness@compass-group.co.uk

Regular movement throughout the day leads to better health, increased motivation, improved concentration.¹

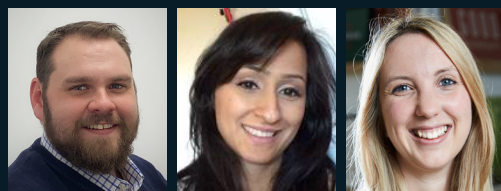
on your
feet
Britain

¹ On Your Feet Britain (onyourfeetday.com)

APRIL MINDFUL MOMENTS WEBINAR

NEW!

28th April



Click [HERE](#) to join us on 28th April 13:30–14:00 where our live panel **Evan Judge** – Senior HSE Manager, **Harjeet Moore** – Head of People, **Leanne King** – Head of Nutrition and Wellbeing and our guest panellist will be talking all about stress and how we can deal with it.

Don't forget to also look out for our Mindful Moments Toolbox Talk this month which will equip you with lots of information and top tips!

AMITY FISH

HEALTHIER WORLD

Amity Fish pride themselves in sustainability, with being a core value alongside a strong emphasis on local supply chain and supporting the local economy.



AN OFFSHORE INGREDIENT PARTNER

At ESS, we are proud to partner with suppliers who share our values.

This month we're looking at Amity Fish Company and we had a chat with Jimmy Buchan, Managing Director of Amity Fish Co. Ltd and star of the BBC TV series *Trawlermen*. He is one of our exclusive local suppliers and provides a range of fish and seafood (including his renowned langoustines!) for ESS Offshore.

Having been a skipper for over 30 years, Jimmy's passion and drive continuously promotes the future of the fishing industry with sustainable fishing being a main priority. Jimmy wants to focus on passing the baton to the next generation to keep skills in the community.

Jimmy commented: *"It's incredibly encouraging to know that ESS shares my vision and ethos and that the ESS buying ethics take the view that quality and provenance are the foundation of building strong and trusting relationships. Large contracts such as this will ultimately help secure the future of small communities and businesses, which will help the local economies and drive employment..."*



Jimmy told us that Amity Fish pride themselves in sustainability, with it being a core value alongside a strong emphasis on local supply chain and supporting the local economy. They are researching and testing new packaging materials to reduce waste and ensure customers can recycle as much as possible.

As well as working with local food traders to help, Amity Fish cut their carbon footprint by reducing the number of vans on the road, having set delivery days and partnering with another food supplier to share delivery routes. This reduces road miles and also saves time!

Another major focus for Jimmy is to develop and promote seafood in schools throughout North East Scotland. He believes that it's important to encourage the next generation to have sustainable seafood and help them to understand what they are eating.

Jimmy has recently taken the helm in a new role at the **Scottish Seafood Association (SSA)**, the national representative body for Scottish seafood processors. Here he continues to help the Scottish Seafood Association safeguard the viable and long-term future of the sector and the wider fishing industry, by representing them on policy issues and working in partnership with industry bodies.

"I am proud to be a supplier to ESS and will continue to champion the good work they do investing in small local businesses and in the people that live and work in our communities. I cannot speak highly enough of the journey they are taking us on."



Q&A

Our Nutrition and Wellbeing Team are here to answer all your queries and bust those myths!

With the summer months drawing closer, it can be more difficult to stay healthy... Below are a couple of our popular questions this month, but drop us a line at ess.wellness@compass-group.co.uk if you have one you'd like us to answer!

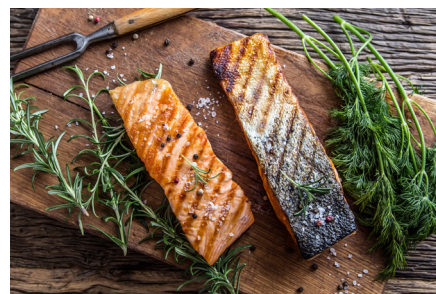
Q: How can I keep my BBQs healthy?

A: Indulgent, tasty food really doesn't need to be unhealthy. BBQs are great ways to prepare food that is low in fat and has great flavour. Examples include vegetable and meat kebabs, chicken breast, corn on the cob, homemade lean beef burgers – just sprinkle some dried herbs, spices and pepper to season for a great way to add more flavour without adding oil or salt.



Switch your white burger bap for a wholemeal bun and add some colourful side salads to increase your fibre intake.

For those who eat fish, a BBQ is a great way to sear in some smoky flavour. White fish is low in saturated fat and don't forget that salmon and tuna are great sources of Omega 3 and 6 unsaturated fatty acids. These have been shown to help reduce blood cholesterol, may improve mental alertness when we need to concentrate and may help lubricate joints for those who are a little further along on their life journey!



Q: How many calories are there in alcohol?

A: The opening of pub beer gardens this month means we might find ourselves enjoying the longer evenings with a glass of wine or pint of beer (for those of us over 18!).

It is, however, important to remember that alcohol is very energy dense and provides us with nothing but excess calories – 7 kcal per ml to be precise. That's almost double that of protein and carbohydrate (4 kcal per gram).

It is very easy to consume our full calorie intake all in one evening, and that's not factoring in what we may be eating along with our drinks. Below are the unit and calorie contents of some popular drinks!¹

- 1 pint of 4% beer: 182 kcal, 2.3 units
– 18 minutes' running to burn off
- 1 pint of 4.5% cider: 216 kcal, 2.6 units
– 22 minutes' running to burn off
- 175ml glass of wine: 159 kcal, 2.3 units
– 16 minutes' running to burn off
- 25ml (single) of 40% spirit: 61 kcal,
1 unit – 6 minutes' running to burn off

If you're watching your weight but want a 'social' drink with friends, why not opt for the lighter varieties of beer, go for a 50/50 shandy with diet or zero lemonade, choose a wine spritzer or ask for diet or sugar free mixers.

¹ www.drinkaware.co.uk/tools/unit-and-calorie-calculator



GET IN TOUCH

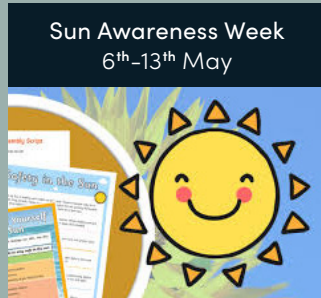
Don't forget we are always here to answer your queries

All you need to do is send us an email to: ess.wellness@compass-group.co.uk

HEALTH INITIATIVES ESS WELLNESS WILL BE FOCUSING ON NEXT MONTH



National Walking Month
1st - 31st May



Sun Awareness Week
6th - 13th May



World Fairtrade Day
8th May



Mental Health Awareness Week
10th - 16th May

Mental Health Foundation



National Vegetarian Week
10th - 16th May



Action on Sugar

Sugar Awareness Week
10th - 16th May



World Digestive Health Day
29th May

**ASK YOUR
NUTRITION &
WELLBEING
SPECIALIST**

WELLNESS

Ask anything
to do with
nutrition, health
& wellbeing.

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



Leanne King
BSc (Hons), PGCE, RNutr
ESS HEAD OF NUTRITION
& WELLBEING



Katrina Francis
BSc (Hons), ANutr, REPS Level 2
NUTRITION AND WELLBEING
ENGAGEMENT OFFICER



Tatiana Lillingston-Price
BSc (Hons), ANutr
NUTRITION AND WELLBEING
ENGAGEMENT OFFICER

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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