



## Time to eat! With Elaine

According to nutritionists, there are ideal times to eat each meal for optimum health and for weight loss benefits. Here is a breakdown of timings – obviously we can't always adhere to these but this is just a guide for your information – maybe lockdown could be a good opportunity to reboot and establish new, healthier eating routines.

### Breakfast

- Ideal time between 7.00am-8.00am
- Don't have breakfast later than 10.00am
- If you can, it's best to eat within 30 minutes of waking up

### Lunch

- Ideal time between 12.30pm-2.00pm
- Don't have lunch later than 4.00pm
- Remember – an ideal time gap between breakfast and lunch is 4 hours

### Dinner

- Ideal time between 6.00pm-9.00pm
- Don't eat later than 10.00pm
- Remember – the meal should be at least 3 hours before you go to sleep

Likewise, it's not just the time we eat that which affects our body's ability to properly process it, but also the way in which we eat. We've talked a lot about mindfulness and looking for ways to build it into our daily routine. Now let's think about 'mindful eating'.

Sometimes when we are a bit rushed or feeling below par, we tend to grab for a quick and easy solution, eating more ready meals or sugary/salty foods as it's convenient. Often these are then eaten sat in front of a computer or the TV with a tray on our laps; not an ideal posture for digestion! Here are a couple of tips for mindful eating, which, whilst may seem obvious, are worth building into your meal routine for a plethora of positive benefits:

- Cook your own food from scratch
- Sit at the table, in an upright position, not slumped on a sofa or armchair
- Don't rush, take your time, it's an occasion, not a race
- Chew your food and enjoy the taste
- Stop multi-tasking – no phones at the table, laptops away
- Drink more water

## Soup season is upon us!

The nights are drawing in and the days are getting colder, which can mean only one thing – Soup Season has arrived! If that doesn't immediately fill you with excitement, these 'souper' (excuse the pun) facts surely will:

- Soups are mostly liquid meaning they are a tasty, easy way to stay hydrated and full
- Soup is a quick, hot meal which offers plenty of health benefits: it can give your immune system a boost when packed with plenty of fresh vegetables and can help you stave off cold and flu; trying adding ginger for a hearty kick!
- You can throw a variety of ingredients into a slow cooker in the morning before you leave for work and return home to a delicious meal in the evening – couldn't be easier
- The healthiest soups include fresh, low-fat ingredients and a minimum of salt and extra fat – a 'healthy hug in a bowl' if you like
- You can use up leftovers in a soup pot and create new variations of favourite recipes, since soup lends itself to experimentation!

Why not give it a go this weekend? Whizz up some left over veggies from your Sunday roast with some stock, herbs and spices. Here's a simple yet delicious recipe to get you started: [www.bbcgoodfood.com/recipes/roasted-sweet-potato-carrot-soup](http://www.bbcgoodfood.com/recipes/roasted-sweet-potato-carrot-soup)

**We'd love to hear your favourite soup recipes. Please send them to [emily.hendin@cpjfield.co.uk](mailto:emily.hendin@cpjfield.co.uk)**



## THE QUARANTINI IS BACK!

Lockdown 2.0 can mean only one thing; it's time for the Quarantini comeback and Charlotte Smith has a cracker to kick us off this week! Please do share your favourite tipples with [Emily.Hendin@cpjfield.co.uk](mailto:Emily.Hendin@cpjfield.co.uk) and we'll share as many as we can in the run up to the festive season!

### Clementine Martini

#### Warning - Extremely strong!

The recipe to make 10:

Juice of 6 clementines, (you can use orange juice for ease)  
plus 2 clementines for serving  
100ml vodka  
100ml Cointreau  
1 bottle Prosecco, Cava or Champagne

1. Put some Martini glasses (or champagne flutes) into the freezer. Mix the clementine juice, vodka and Cointreau in a jug, then chill for 1 hr (or up to 1 day). Thinly slice the 2 clementines to use as a garnish.
2. To serve, put a clementine slice into each frosty glass. Fill almost halfway with the chilled jug mixture, then open the bottle of fizz and top up the glasses.

## #HaveAChat

The week, a colleague at Campaign to End Loneliness shared a video they have released on YouTube, aimed at reminding people to check in on those around them and encouraging people to support one another – particularly the elderly – during lockdown.

I've recently heard many heart-warming anecdotes from colleagues across the business who have had unexpected visits, taken time out of their day to call someone they know is alone, or simply made the effort and time to get up and outside to chat to someone passing by. Never more so than now have these small acts of kindness been so important.

I urge you to take a few minutes to watch the video link below and to share it with your family and friends. If nothing else, it's a great reminder of the positive impact we can have on others on others simply by talking the time to talk. Do it today – #HaveAChat.

[www.youtube.com/watch?v=wTCtXa2zYOU&ab\\_channel=CampaigntoEndLoneliness](https://www.youtube.com/watch?v=wTCtXa2zYOU&ab_channel=CampaigntoEndLoneliness)



## What Is Self-Care ?

By Emma Symons

It occurred to me a little while ago that in each issue of this newsletter we talk about some form of self-care and wellbeing but we haven't actually looked at what it is.

We have been giving you, I hope, lots of useful information on ways to look after yourselves and tips on wellbeing activities, but have we actually looked at what it all means?

This week I decided to write an article on exactly what self-care is and how to do it well, but it turned out to be a little long for the newsletter, so it has been included as a separate attachment so that you can print it off if you wish and read it at your leisure. Included in the attachment is an explanation of exactly what we mean by self-care, why we need to make time for it, and how we can do it really well.

I do hope you will take the time to read it, perhaps over coffee or lunch, after all self-care is about taking time out!



Friday 13th is World Kindness Day – a great reminder to be kind to yourself and those around you

