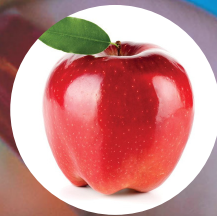


FOOD FOR THOUGHT



Created as part of Wellbeing Week
by University of Sussex Wellbeing
volunteers

FOOD AND MOOD

Eat foods that make you feel
great without feeling guilty!

REDUCING FOOD WASTE

Handy tips on how to reduce
food waste

RECIPES AND EATING WELL ON A BUDGET

Healthy recipes to suit all
budgets



01

TRULY HEALTHY EATING

02

FOOD & MOOD

03

BADASS BUDGETING

04

FIGHTING FOOD WASTE

05-07

RECIPES

08

FURTHER SUPPORT

09

TRANSFORM YOUR TIMELINE



TRULY HEALTHY EATING



You were probably expecting to pick up this booklet and be greeted with information about 'clean' eating, avoiding 'bad' foods like cake and chocolate, and 'top 10 foods to eat for weight loss' – the usual messages we are bombarded with daily. Well, we are pleased to inform you that this is not the aim of this booklet. Before discussing recipes, food, and mood or any of the other topics discussed in this booklet it is first important to establish what is meant by the word 'health' – particularly what it means to eat 'healthily'.

Health incorporates both physical and mental aspects of your well-being which are equally as important and food goes a long way to ensuring you are healthy with regards to both of these aspects. Balance is crucial; eating a range of foods which excite you and taste amazing will make your day much better. To be healthy it is important to eat a wide variety of food which provide the protein, carbs, vitamins, water, and fat that you need to keep your body working as it should.

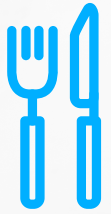
Healthy eating does not mean restricting food, it doesn't mean limiting your intake, obsessively calorie counting or cutting out food you perceive to be 'bad'. Healthy eating is about providing your body with good food and fuel for your day. It is about ensuring you are having a nutrient rich diet that makes you happy and gives you energy. Strength and happiness should always be prioritised above weight. You should never feel guilty for eating, whether that be a bowl of pasta or a chocolate bar – if you want to eat it then allow yourself to!

The most important aspect to healthy eating is that you enjoy the food you are eating. Cooking a nutritious, filling meal should be something you look forward to doing, and you should be even more excited to eat it! Fill your body with food that makes you happy, gives you energy and satisfies you – all whilst loving your body and feeling good about yourself.

That is what it means to be healthy.



FOOD AND MOOD



As a student, it can feel so hard to eat in a way that gives you the **nourishment** and **energy** you need without depleting your student loan or cutting into precious studying/ Netflix-ing time. Here's a few tips for making sure you **look after yourself** and eat food that can help keep you happy!

EAT WELL

- Making sure you **eat regularly** will help keep your mood and energy levels stable- so try not to skip **breakfast!**
- Keep **snack bars**, fruit or nuts with you to eat between lectures or during library breaks
- There's nothing wrong with so-called 'lazy' cooking- when you're feeling run down or overworked, **feel no shame in choosing low-effort options**. Just sneak some extra vitamins in there with canned sweetcorn, prepared salads or microwaveable rice packets. Even when you get a takeaway, choose some veg options to keep yourself nourished!
- Please **avoid crash dieting** or restricting your food intake. These are unhelpful strategies that will only leave you with an unhappy stomach and crappy mood.

DRINK WELL

- **Stay hydrated!** It's definitely time to invest in a **reusable water bottle**. If you have a hard time remembering, try **apps** like Plant Nanny or Waterlogged that'll send you reminders throughout the day.
- When drinking alcohol, add a pint of water to your booze in order to **avoid a hangover!** And, for the morning after, relieve nausea by adding **ginger** to your tea and replenish low potassium levels with **bananas**, leafy greens or baked potatoes.

Remember, this booklet is about eating food that **makes you feel great**. Sometimes that's salad, and sometimes it's cake. There are no rules, except to try your very best to **eat whatever you want**.



BADASS BUDGETING

When food shopping at university, it is important to make informed decisions to ensure you continue to eat nutritiously whilst staying within your tight student budget. Below is a comparison of a branded shop vs a basics shop for some student essentials to show how much money can be saved

Branded shop

Hovis bread - £1.05
Cravendale milk - £1.75
Cathedral City cheese - £4.50
Weetabix - £2.40
PG tips - £4.50
Napolina pasta - £1.30
Beef mince - £4
Chicken breast - £3.20
Dolmio sauce - £1.70
Heinz beans - 75p
Rice - £1.10
Frozen vegetables - £1.35
Total = £27.60

Basics shop

Bread - 35p
Milk - 75p
Cheese - £3.00
Wheat biscuits cereal - £1.05
Tea bags - £2
Pasta - 40p
Beef mince - £3.50
Chicken thighs - £2.65
Pasta sauce - 55p
Beans - 25p
Rice - 65p
Frozen vegetables - 90p
Total = £16.05

SAVING £11.55



FOOD WASTE

THE FACTS

- Throwing away good food costs the average person **£200 a year!**
- The amount of food waste produced each month is **enough to feed** nearly **1 billion** hungry people in the world
- Currently, **1/3** of food produced for us is **lost or wasted** globally each year- that's about **1.3 billion tons** of perfectly **edible** food per year, and less than a quarter of it could feed all of the hungry people in the world

TOP TIPS

- **DON'T** stuff your face until you're sick! There are tips for making the most of leftovers and shopping efficiently
- Be prepared: Plan meals and bring a shopping list, don't pick up a bunch of stuff and hope it will come together!
 - Buy when you have run out, not just for the sake of it
- Buy exact quantities: if a recipe says 2 carrots, then buy 2 carrots, not a huge bag. It's likely you won't use all of them, and they will go to waste
- Take notice of **expiration dates** and use up food before it goes off, but also be aware that many foods are fine to eat after their **best before date**
- **Eat leftovers**, and if you don't want to eat spaghetti Bolognese for a week, then chuck it in a Tupperware and freeze it! (But don't forget to label and date it)

CHEAP & WASTE EFFICIENT TAKEAWAY

- App: **Too Good to Go**
- Enjoy delicious takeaway food from restaurants starting from as little as **£2!** Just order and pick up at a designated time
- Restaurants in the nearby area will be displayed, letting you know what's on offer. These can include:
Moshimo, Bon Appetit, Bombay Aloo (V), Real Patisserie and more...
Get Downloading!

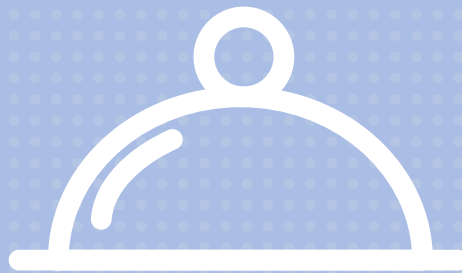
CHICKEN WRAPPED IN BACON

SERVES 2

INGREDIENTS

- Two Chicken Breasts
- Cheese of your choice, works very very well with mozzarella or stilton
- Olive oil
- 4 - 6 rashers of smoked bacon
- Oven chips

PERFECT COMFORT
FOOD!



METHOD

Pre-heat oven to 180/200 degrees C

Slice a pouch into each chicken breast

Stuff with sliced mozzarella or sliced stilton

Securely wrap 2 or 3 rashers of smoked bacon firmly around each chicken breast, make sure you join the two ends of the bacon together on the top of the chicken breast to stop it from opening.

Place in glass pyrex dish and cover with foil

Bang it in the oven for between 25 - 35 minutes (make sure it is cooked all the way through before serving)

Cook your oven chips

Plate up and serve with veggies or salad

VEGAN LENTIL CHILLI

SERVES 3

INGREDIENTS

- About 200g or 1 cup ready to cook red lentils
- A can of kidney beans
- A can of chopped tomatoes
- Generous squirt of tomato purée
- 1 medium onion
- 1 large garlic clove
- 1 teaspoon of cumin
- 1 teaspoon of cinnamon or mixed spices
- Hot chilli powder (I put in 2 teaspoons but adjust for your own tastes!)
- Olive oil
- 1 cup of rice



METHOD

Chop and fry the onion and garlic in some olive oil till golden

Add in the cinnamon and cumin and coat the onion and garlic

After a minute or so add in the lentils and cook for 2 mins, give it a few stirs to distribute onions and spices evenly

Add in chopped tomatoes, a generous squeeze of purée, beans and chilli powder

Stir everything well and then add just enough boiling water to cover the lentils, put the lid on the pot and leave it for half an hour or so

Boil the rice until cooked, drain and serve

BANANA LOAF

INGREDIENTS

- 7oz plain flour
- 1 level teaspoon baking powder
- 1/2 level teaspoon bicarbonate soda
- 4oz caster sugar
- 2oz margarine
- 1 egg
- A little milk
- 2 bananas (mashed)

SUPER SIMPLE WAY
TO USE UP FRUIT!



METHOD

Preheat the oven to 190°C

Sieve the flour, bicarbonate soda and baking powder

Rub in the margarine and caster sugar

Add mashed bananas

Beat in the egg and milk and mix well

Grease a loaf tin and bake for 1 hour in the centre of the oven

NEED MORE SUPPORT?

STUDENT LIFE CENTRE

If you're worried that you
or a friend might be
struggling, try visiting the
SLC for basic information
and signposting
sussex.ac.uk/studentlife/centre

BEAT

UK eating
disorder charity
b-eat.org.uk

MEN GET EATING DISORDERS TOO

An organisation supporting
men with eating disorders,
and their carers and families
mengetedstoo.co.uk

STUDENT MINDS

A student mental
health charity with
lots of great online
resources

studentminds.org.uk

TRANSFORM YOUR TIMELINE

WITH THESE GREAT TWITTERS, INSTAS, AND FACEBOOK PAGES FULL OF GREAT
FOOD, BODY POSITIVITY, AND GOOD VIBES

"I mean have you ever heard someone lamenting from their deathbed that they ate ~too many~ magnums? no u haven't"-
Ruby Tandoh (twitter @rubytandoh)

twitter.com/everydaycarebot for
thoughtful but *practical* self care
reminders.

facebook.com/bosh.tv for meat-free recipes
including pb&j donuts, bhaji burgers and
vegan mac and cheese made from butternut
squash!

"rocking my belly rolls ✓ seeing the beauty in
my softness ✓ refusing to apologise for the
space I take up ✓"- Megan Jayne Crabbe
(instagram @bodyposipanda)

facebook.com/sussexuniwellbeing to keep
on top of workshops, drop-ins and talks
arranged by Sussex Uni!



MORE INFO AT [SUSSEX.AC.UK/WELLBEING/EATINGWELL](https://www.sussex.ac.uk/wellbeing/eatingwell)



THANKS FOR READING!

