

TOP TIPS ON STAYING NOURISHED

NOT FEELING AS HUNGRY? Try...

- Adding extra snacks throughout the day
- Eating little and often
- Drinking milkshakes/smoothies
- Eating socially at a lunch club

STAY SOCIAL

Mood & loneliness affects how we feel about food.

Why not try...

- Calling a friend or relative
- Local Activities
- Befriending Groups / Telephone Befriending

EXERCISE

Good for appetite, mental & physical health

Why not try...

- Yoga • Tai Chi
- Swimming • Walking
- Chair based exercise

KEEP COOKING AT HOME. Try...

- Sticking to simple recipes
- Freezing extra portions of food
- Buying pre-chopped ingredients
- Simple ways to cook such as using Slow Cookers
- Keeping cupboards stocked with long life items.