

Healthy Eating

WHILE WORKING FROM HOME

Working from home can be a blessing and a curse when it comes to healthy eating.

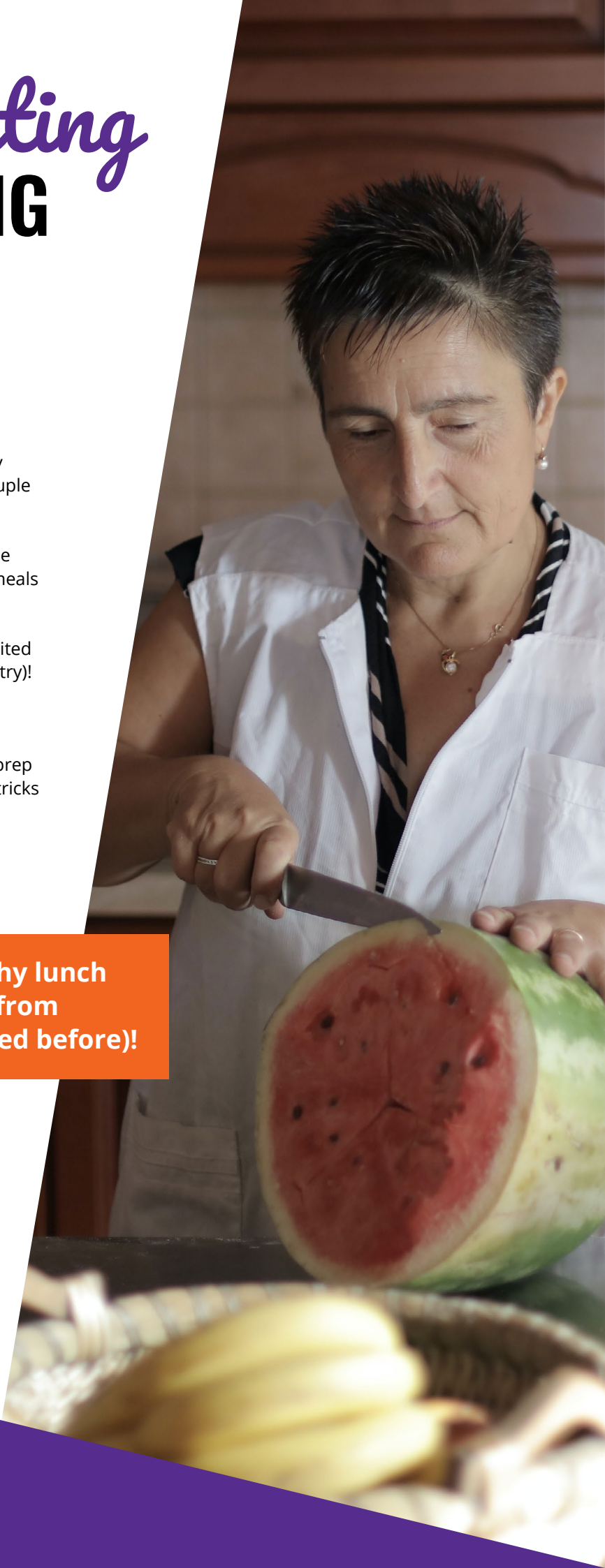
Working from home allows you to cook fresh, healthy lunch meals each day; however, it can also pose a couple of challenges.

Firstly, if you usually grab lunch from the café near the office, then preparing your own healthy snacks and meals when working from home may seem daunting.

Secondly, when you work from home you have unlimited access to your kitchen (and all the snacks in your pantry)! The temptation can be too great and you might find yourself snacking throughout your work day.

This factsheet will help you to navigate healthy food prep for your work from home day, and includes tips and tricks to avoid excess snacking!

Preparing a delicious and healthy lunch or snack is easy when working from home (even if you haven't cooked before)!



1. Meal Planning

When working from home it is important to choose healthy foods for your meal breaks. It is also important to avoid unnecessary snacking (especially when the kitchen is just down the corridor!). To help you do this, it is a good idea to plan your meal breaks in advance. This means choosing what healthy foods you are going to eat for each meal break, and allocating a time for these breaks.

Breakfast

Start your day with a healthy meal. For example:

- Wholegrain cereals with low fat milk and fruit
- Spinach, mushrooms and tomatoes
- Low fat yoghurt



Morning snack

Choose 1-2 small healthy snacks. For example:

- Fresh fruits and low fat yoghurt
- Wholegrain crackers with low fat cheese and tomato
- Handful of mixed raw nuts



Lunch

Eat a healthy meal. For example:

- Wholegrain vegetable sandwich
- Wholegrain toast, baked beans and grilled tomato
- Wholegrain wrap, boiled eggs, low fat cheese, spinach leaves, tomato and mushrooms



Afternoon snack

Choose 1-2 small healthy snacks. For example:

- low fat yoghurt
- Carrot or celery sticks and hummus
- Handful of mixed raw nuts
- Rice cakes or corn thins



Drinks:

Water is the best choice. As a general rule, women need about 8 cups of water and men need about 10 cups of water per day.



2. Grocery shopping

Stocking your pantry and fridge with healthy foods is important, especially when working from home. This will make your meal planning and preparation much easier, and will remove the temptation to snack on junk foods!

The first step is to write a shopping list with plenty of fresh foods. **Here are some key items you might like to include on your shopping list:**

- Wholegrains (e.g. wholegrain bread, wraps, rice crackers)
- Fresh fruit and vegetables
- Healthy dips (e.g. hummus, tzatziki)
- Light dairy products (e.g. cheese, yoghurt)

Quick tip: fresh food products are stored around the outer edges of the supermarket.

3. Tools of the trade

Using appliances such as a microwave or sandwich press can help you to add variety to your lunch meals. For example, re-heated, healthy leftovers from the night before make for a quick and delicious lunch! And turning last night's dinner into a wrap or a toasted sandwich can make it feel like you have a completely different dish.

4. Replacing junk food

Junk food purchases not only hit your wallet, but also your waistline, and you may feel low on energy afterwards. Replace any unhealthy items in your kitchen with healthy alternatives, such as fresh fruit, wholegrain crackers or tuna. This will ensure that you don't fall into the temptation of having unhealthy snack foods throughout the day!

