



Minutes of Mindfulness

My plate overflows with nutritious, **energising** and healthy foods. Treats are enjoyed in **balance** with good **intentions** for health and **vitality** for my whole being. I savour the **richness** of my food and am grateful for warm meals and the **diversity** of food available to me. My food is a gift that will **nourish**, balance and allow me to **thrive**.



SAVOUR EACH MOMENT

- Food is the way we sustain and maintain our body, mind and spirit. Food recharges the physical body, lifts our mood and can leave us feeling content, at peace and grateful.
- Notice when you are eating, how the food looks on the plate, how it smells, and take in all the colours and textures in front of you.
 - Allow the food to rest in the mouth as the flavour intensifies to fullness before swallowing.
- Be mindful of how much sugar and alcohol you consume and try to moderate your consumption. Avoiding and abstinence is hard and will probably make you miserable, so gradually cutting down or making occasional swaps will be better for both body and mind – keeping that union a happy one.
- Switch off the TV, radio and gather round the table with your family and friends. Share good food and take time to listen to each other, enjoying each other's company