

Welcome:

To all the Support Workers out there whose work is to care for vulnerable New Zealanders – you are legends. This newsletter is to provide tidbits of “safety stuff” to remind you that caring for your physical and mental wellbeing is vital to doing that work safely.

In this issue:

- Lunchbox Ideas.
- Using a vehicle for work.

Life is 10% what happens to you and
90% how you react to it.

Charles R. Swindoll

Lunchbox Ideas:

We all know that eating well is better for our health and our wellbeing but it's sometimes hard to get motivated. I have pasted a couple of links below so you can get some inspiration. For some pointers when choosing your recipes and ingredients – consider this:

1. It Needs to Be Cost-Effective

There are recipes out there that look and taste great, but the ingredients required are absurdly expensive. If you're buying them in bulk and can use them for several different meals, that's great. But if not, you might as well have just grabbed it from the restaurant down the street.

2. It Needs to Be Easy to Make

Just as you want to keep the cost down, you also want to keep the time it takes to make it low as well. Nobody wants to spend hours every night preparing lunch for the next day. That's a habit just asking to be broken. So, with the exception of slow cooker options, they're also pretty fast.

3. It Needs to Be (Somewhat) Exciting

No, I don't think every lunch needs to be a gourmet meal. And I don't think every bite needs to be the most mind-blowing sensory experience ever. But you also don't want to pack a lunch where you're just like, “Eh, I'm just not in the mood for that.” And then you pretend you didn't bring it and you go buy a better one (admit it—you've done it).



Some useful links:

<http://www.google.co.nz/url?sa=t&rct=j&q=&esrc=s&source=web&cd=13&cad=rja&uact=8&ved=2ahUKEwjQldTdob7eAhVELI8KHdbtCUUQFjAMegQIBRAB&url=http%3A%2F%2Fwww.eatingwell.com%2Frecipes%2F22371%2Fmealtimes%2Flunch%2Fbudget%2Ffor-work%2Fslideshow%2Fcheap-healthy-lunch-ideas-for-work%2F&usq=AOvVaw0EYitun-35-Op3FnQ2kkO8>

https://www.google.co.nz/url?sa=t&rct=j&q=&esrc=s&source=web&cd=17&cad=rja&uact=8&ved=2ahUKEwVwuSuol7eAhUD3o8KHwblDeUQFjAQegQIBRA&url=https%3A%2F%2Fwww.pinterest.nz%2Fpins%2Ffeatsamazing%2Flunch-box-ideas-for-adults%2F&usq=AOvVaw2Cb_7Wc157rLuL51smXIT7

Using a Vehicle for Work

- ✔ Always drive to the conditions and know your limitations.
- ✔ Always keep a safe distance between you and the car in front.
- ✔ Always drive alert and prepared to stop at any time.
- ✔ Always wear a seat belt & drive to the speed limit.
- ✔ Always watch for stock and trains, if you're in rural areas.
- ✔ Always maintain your car in a safe, legal and roadworthy condition.
- ✔ Always drive carefully watch for potholes, damaged seal and slippery surfaces.
- ✔ Always watch for cyclists, pedestrians & children who may run out in front of you.
- ✘ Never drive without a current and valid drivers licence.
- ✘ Never smoke in your car – especially if it is being used for work and you are wearing your uniform.
- ✘ Never use your cell phone unless you have hands free fitted.



This newsletter is now prepared by Helen Harris (Group H&S Manager). If you have any Health & Safety ideas or questions, please contact me on the 0800 number and asked to be put through or email me on:
helen_harris@access.org.nz