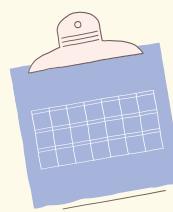


Feel good  
**FRIDAY**

# Eat Well Live Green

Healthy eating and sustainable living –  
these are more than just trends, they are a lifestyle.

What are some ways we can incorporate greener habits  
while managing our diet and nutrition?



## Plan Ahead for Your Meals<sup>1</sup>

This helps prevent impulse purchases while taking stock of the food you already have at home to avoid unnecessary waste.

## Give Imperfect-Looking Fresh Produce A Chance

It's almost second nature to reject blemished or odd-looking fruits and vegetables. However, they contain same nutritional value as their picture-perfect counterparts – all it takes is a mindset shift.



## The Key to A Maximised Shelf Life – Store Them Right<sup>2</sup>

There are many tips when it comes to storing your fresh produce. For example, wrapping your vegetables in foil helps keep them crisp for up to a month!



Win a  
**SIGG Double  
Wall Bottle &  
Bottle Bag Holder!**

- ★ Snap and share with us some sustainable health tips that you practise!
- ★ Submit your photos with an accompanying description to [uhc\\_wellness@nus.edu.sg](mailto:uhc_wellness@nus.edu.sg)

\*Terms & Conditions apply

## Sustainable Granola Workshop From Grains to Goodness

Guided by nutrition and sustainability trainers, you'll learn techniques to create eco-friendly granola that supports your wellness goals.



Join us as we  
explore sustainable  
wellness and make  
healthy eating and  
sustainable habits our  
lifestyle!

**UHC Basement  
Function Room  
19 September  
12.00pm to 1.00pm**



\* Terms & Conditions (giveaways)

• Open only to all current NUS Staff.

• Email submissions are only accepted from a valid NUS email address and must be emailed to [uhc\\_wellness@nus.edu.sg](mailto:uhc_wellness@nus.edu.sg).

• Submission is open until 30 September 2025.

• Submissions will be selected at random and winners will be contacted through NUS email address by 10 October 2025.

• Winners are required to acknowledge receipt of UHC's prizes via your own NUS email.

• Submissions may be used by UHC for publicity purposes on its various social media platforms.

• UHC reserves the right to disqualify submissions that depict brand logos, intellectual property or other forms that in judgement are harmful to public order, violate standards of decency or contrary to the goals of the contest.

• In the event that a winner is disqualified, uncontactable or have deemed to forfeit his/her prize, UHC at its discretion will select a replacement winner.

• Staff of University Health Centre are not eligible to participate.

<sup>1</sup><https://theconversation.com/why-healthy-eating-may-be-the-best-way-to-reduce-food-waste-253852>

<sup>2</sup><https://www.dbs.com/livemore/food/waste-not-want-not-how-to-maximise-the-shelf-lives-of-your-fresh-produce.html>



University  
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In support of



Skills to Heal Heart to Care

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