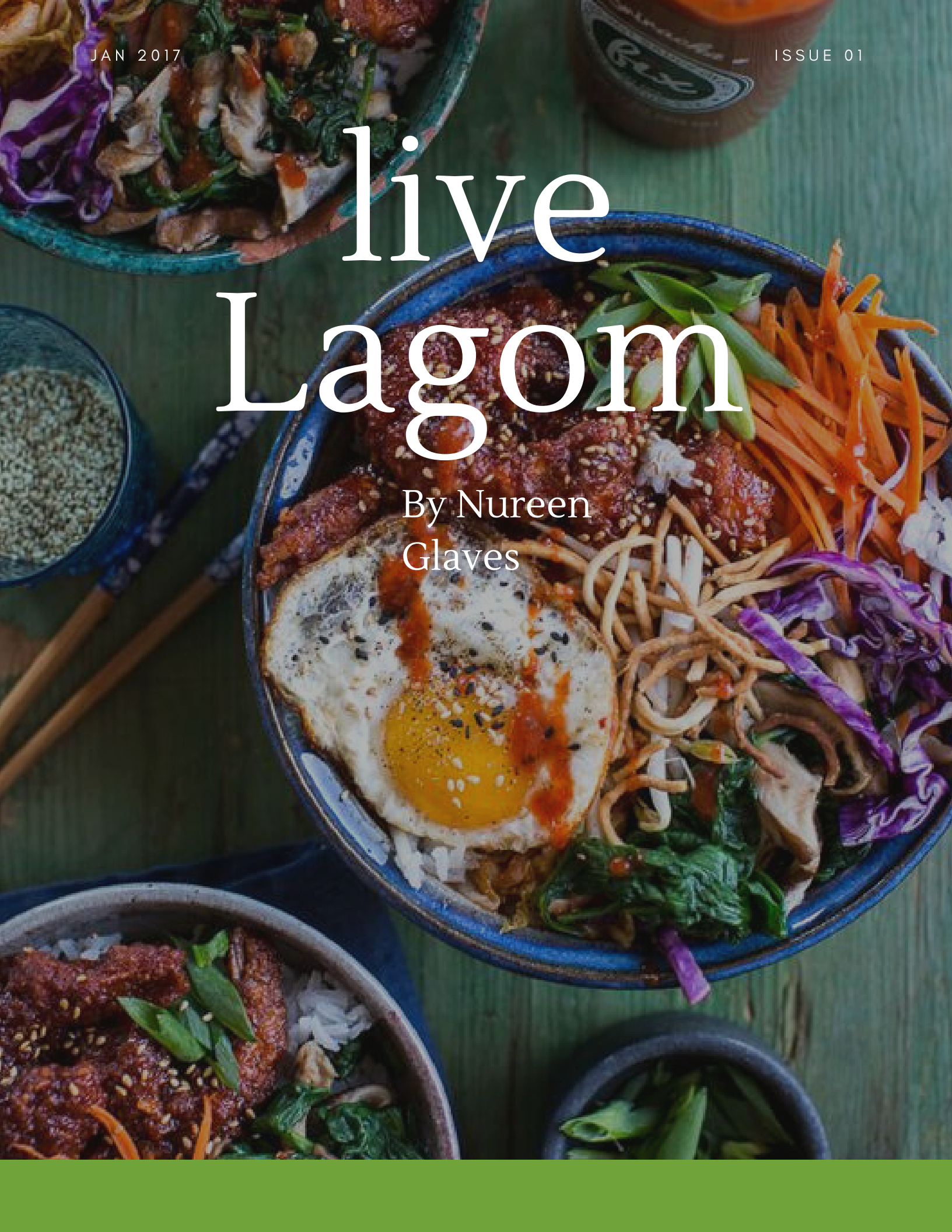


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live Lagom

By Nureen
Glaves



Happy New Year as we start 2017 I start my new 6 month journey. Just let you know a little bit about this project and myself. I am Nureen Graves a passionate rebel nutritionist/chef who has a business called (Feed Me Good), FMG Nutrition and FMG Social.

My businesses are all about teaching children and adults how to be happy and healthy.

Last year I applied for a project with Ikea and I won! Yes you heard me that incredible place where we all desire to have our homes to have that IKEA cliché. The project is called LiveLagom from IKEA,

Lagom means "Just the right amount" this concept can be put into everything. Like many I have decided to attempt a few new years resolutions and they are as follows:

Healthy Lifestyle: As its 2017 I really wanted to solve some problems when it comes to achieving a healthy lifestyle and the main one is "Eating on the go." Now I am sure your lifestyle is just as busy as mine, doing a bit of juggling work, children, gym and life. While really wanting to eat healthy! Over this Christmas period I have indulged with a huge amount of traditional Jamaican treats such as sorrel and rum cake.

Recycling: I would love to say that I am a big recycling champion, but I am not although I have a green and blue coloured bin outside my home.

However to start recycling I brought 2 large recycle bins and placed them in the near the bin in the kitchen so hopefully my new habit of recycle will develop and keep going. My desire is to become a recycling queen as my son is a recycling champion in his school.



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Food Storage: My business delivers Health and Wellbeing services to different organisations. One of my most popular courses, which I run is "How to be a Smart Food Shopper" I found through my work and clients that food storage is one of the key factors that contribute to food wastage. I thought "Bingo" lets have fun with food storage and turn it into an achievable healthy habit.



I have killed 3 mint plants called Minty and 4 Basil plants called Basily.

Grow My Own: In my course I often visit community gardens and farms, which is great however I haven't got the green fingers. In fact I have killed 3 mint plants called Minty and 4 Basil plants called Basily. Plus my son has promised me to keep his room clean if I can keep the new plants in question alive, So here goes!

I have a new mini green house and 6 new herbs, so wish me luck as I'm planting them tomorrow.

As it takes 90 days to form and keep a new habit, is a good thing that I will be doing this project for 6 months. I'll keep trying until I achieve keep my new habits and beyond.

Love Nureen x