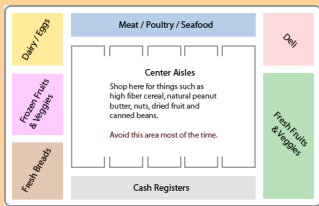




Jam-packed schedules and fast paced lifestyles make it difficult to cook fresh meals at home regularly. Preparing healthy meals takes time, money and a sense of comfort in the kitchen.

Here are some tips to help you shop smarter, save time and have more fun in the kitchen.

Shop Smart!



Make a List

Choose your meals for the week and create a list of ingredients that you need to prepare them.

Don't shop on an empty stomach

Shopping hungry can lead to shopping with your eyes instead of sticking to your plan. Grab a snack before heading out to the store.

Shop the perimeter

Focus your attention on whole foods, meats, dairy and eggs on the outer edge of the grocery store. Pop into the aisles for minimally processed pantry items like oils and vinegars to prepare them.

Save Money!

6 OZ LOW FAT YOGURT		32 OZ LOW FAT YOGURT	
UNIT PRICE	RETAIL PRICE	UNIT PRICE	RETAIL PRICE
\$0.12 per oz.	\$0.72	\$0.05 per oz.	\$1.62

It looks like the 6oz yogurt is less expensive because it has a cheaper retail price. But when you compare unit price, you can see that the 32oz yogurt is actually \$0.07 cheaper per ounce.

Shop the Sales

Check out your local store's weekly sales paper for deals while you are planning for the week ahead.

Buy in Bulk

Look for deals on bulk meats, vegetables, grains, seeds, legumes etc.

Compare Unit Prices

Unit prices show the cost for a single ounce, pound, pint, etc. and can be used to help compare products.

Buy cheap cuts of Meat

Chicken Thighs, ground beef, chuck roast etc. tend to be cheaper than other cuts of meat.

Use meat as flavor

Instead of making meat the center of your meal, swap out half of the meat and replace it with vegetables cooked in the meat juices to punch up the taste.

Get Comfy in Your Kitchen!



Get Organized

Store items like near each other.

Store items where you'll need to use them.

Use storage containers to keep things orderly.

Your freezer is your friend

Buy in bulk and freeze. (meats, fresh veggies or sauces)

Freeze raw marinated meats and vegetables in freezer bags.

Make One Pot Meals

Cook the Protein + Add a Whole Grain + Toss in some Vegetables and ENJOY!

Play with flavors and KEEP TRYING!

Save Time!



Prepare In Advance

Plan your meals + shopping list + food preparation needs

Chop or cook veggies and freeze for salads, bowls, stir-fry.

Buy precut or frozen veggies

Prepared items help cut down on your meal prep time.

Cook Ahead

Make multiple meals and freeze them for later in the week.

Consider Healthy Meal Delivery Services

Take the guess work out of healthy eating.

Cook with Family or Friends

Spend quality time and make healthier choices together.



Building *a Healthier* Plate

Where do I begin?

What you eat depends on what you like, where you live, how much time you have and many other factors, so it takes time and practice to change the way you eat. Building healthy habits into your everyday life is a great strategy to create changes that stick. Think about how and why you make your food choices and then consider where you can add in more nutritious foods.

Start with your next plate!

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5 Principles to Help Re-frame Your Relationship with Food

Think about how your current lifestyle influences the foods that you eat.

1. Food is information

Our bodies use the vitamins, minerals, and other nutrients that we get from food to function, heal and grow. Focus on getting “information” from trusted, natural, sources like fruits, vegetables, and lean meats.

2. Listen to your body

Pay attention to the physical cues and habits around food and eating. Notice what happens when you are hungry, full, or having physical reactions to certain foods. Tuning in to your experience can help highlight poor habits and identify new areas to introduce healthier foods.

3. Focus on lifestyle changes

Popular diets focus on eliminating or avoided specific food groups and rarely consider your specific needs. Making healthy eating a lifestyle practice is about adding healthier options to your daily life over time.

4. Start with one thing

Build healthy eating habits over time instead of trying to shift to a completely new lifestyle overnight. Choose a single activity. Make a plan that is measurable and timely and revisit that plan until you see the success that you want.

5. Be gentle with yourself

Eating habits take a lifetime to develop and food choices can change. Be gentle with yourself as you explore new eating habits that make sense for where you are today.

