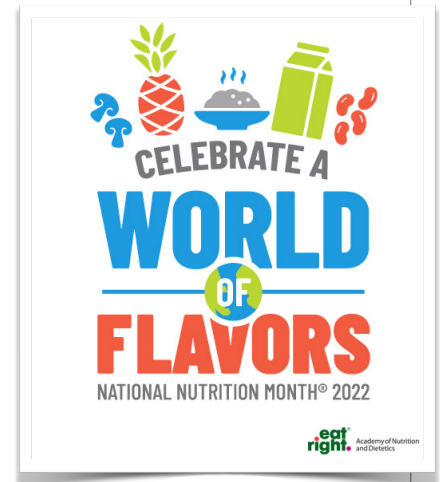


National Nutrition Month®

Source: Academy of Nutrition and Dietetics, https://www.eatright.org/food/resources/national-nutrition-month?rdType=list_redirect&rdProj=nnm_redirects&rdInfo=nnm_latest_articles_search

This annual campaign, which takes place during the month of March, was created by the Academy of Nutrition and Dietetics. You are invited to learn about making informed food choices and developing healthful eating and physical activity habits through available resources found at <https://www.eatright.org/food/resources/national-nutrition-month>.

This year's theme is Celebrate a World of Flavors, designed to embrace global cultures, cuisines and inclusivity, plus showcase the expertise of registered dietitian nutritionists.



Budget Friendly Tips for Healthy Eating

Source: Academy of Nutrition and Dietetics, <https://www.eatright.org/food/planning-and-prep/eat-right-on-a-budget/budget-friendly-tips-to-feed-your-family>

With so many options, fads, and opinions it can be challenging to know where to start and how to stay within a set budget to eat a healthy, well-balanced diet. Here are some tips to help you stick to your budget and reduce your food spending:

Think outside the box for big ticket items

- * Meat can be one of the most expensive items in your grocery cart. Substituting plant-based protein options (dried beans, peas, and lentil) can decrease grocery expenses.
- * Canned and frozen vegetables and fruits with no salt or sugar added can help keep your pantry and freezer stocked.
- * Fresh produce that comes bagged, such as apples and potatoes, may be less expensive than individual pieces. Often, excess can be cleaned and frozen for later use.

Small changes can equal big savings

- * Cooking from scratch will yield health and financial benefits.

- * Look for specials at the meat counter and incorporate those items into several meals, such as a casserole, stir-fry or soup. Often left-overs can be used to make a completely different meal.
- * Buy produce that is in season and that isn't already pre-cut and packaged.

Plan ahead

- * Planning your meals for the week will help you steer clear of spontaneous and unnecessary purchases.
- * Check your refrigerator and pantry before you shop to avoid excess food waste. Always use what you have on hand first.
- * Shopping from home and either getting delivery or doing pick-up at the store can help you compare prices and stick to your list.

This information is for educational purposes only and is not a substitute for the advice of a doctor. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine.