

COVID-19:

Special information



EATING HEALTHY ON A BUDGET

Home prepared meals are cheaper and usually healthier than going out for dinner. You can get healthy, affordable foods at any grocery store. Plan your family's meals to include more whole foods (in their most natural form) and fewer processed foods (packaged in bags and boxes). To eat healthy on a budget, stay focused on the three Ps: **Plan, Purchase, Prepare.**

Plan

- ☑ Start with a budget.
- ☑ Plan meals and snacks for the week.
- ☑ Make a shopping list based on your meal plans.
- ☑ Use loyalty cards and coupons, plus check out the store's websites for weekly specials.

Purchase

- ☑ Stick to your list and stay out of the aisles that don't contain items on your list.
- ☑ Purchase some items in bulk, like onions, potatoes, rice, and beans.

- ☑ Buy store brands if they are cheaper.
- ☑ Compare the unit price (\$/ounce) between similar products. This information is usually on the shelf tab that indicates the item's price.

Prepare

- ☑ Prepare and eat fruits and vegetables as you buy them for peak freshness and nutritional benefits.
- ☑ Cook extra to use for the next day's lunch or freeze for future meals.
- ☑ Try low or no meat meals featuring beans, lentils, fresh vegetables and grains.

For more information on eating healthy, contact a health coach and work together on a plan. Call **1-866-778-6073** (TTY: 711) to speak to a health coach or log in to **MyHealth OnLine** to chat.

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Translation services

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-869-7228 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-869-7228（TTY：711）。

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