

Hi Everyone,

The email below can be shared in its entirety or as a two-part series. Simply forward whatever you like to your colleagues, employees or family members as you find appropriate. We recommend adding in specific health plan benefits, as well. The highlighted **PART 1** and **PART 2** are where we recommend separating the content if you wish.



### **PART 1 Subject of the email "Stretching dollars for healthy eating"**

If you have had some sticker shock at the grocery store lately, you are not alone! Elevated food costs may lead some people to choose less expensive items that may also not be the healthiest choice. Here are some tips to make your dollars stretch further while making healthy choices.

- Plan Your Meals – We've all experienced how we buy more when we don't go to the store with a list. Take some time to plan meals so that you are only buying what you need for the week.
- Buy in Bulk – Check the prices, but many times you are save dollars when you buy in bulk. Just make sure that these items are consumed in time and don't go to waste.
- Grow your Own – Now is a great time to harvest some of your own produce. Get a tomato plant or put some seeds in the ground to have your own fresh produce.
- Bulk up meals with lower price healthy items – Bean and legumes are often overlooked, but they are nutritional power houses and they don't cost a lot. Look up a recipe or add these items to soups, stews, and salads.
- Eat at home – Restaurants charge up to three times what it would cost you to make that meal at home. Yes, it's nice to eat out, but you can save significant dollars by cooking more at home. Also, when you dine at home, you can control how the meal is prepared to ensure that you are not adding additional ingredients that increase calories and cost.


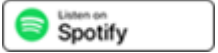
[DOWNLOAD](#) - Monthly Materials

[WATCH HERE](#) for some ideas on how to eat healthy on a budget.

**JUST ONE THING:** Make a list and/or meal plan before you go to the grocery store this week.



## **PODCAST – Prescription for Life**

**The Prescription for Life Podcast** features Bellin Health experts sharing content on improving your health and wellbeing in a variety of ways. This month, we welcome Lee Hyrkas, Registered Dietician for Bellin Health. Lee shares how we can still eat healthy and stay in our food budgets. Listen and watch on  ,  or

 and subscribe, like and share!

**PART 2 Subject of the email: “Eating like this empties your wallet”**



Sometimes we are spending extra money on food without even realizing it. Here are some tips to avoid habits that may be wasting your dollars.

- Minimize grab-and-go foods from gas stations. Yes, it’s convenient, but those items will cost you more at a gas station. Try to avoid this being a go-to.
- Stay away from vending machines. Again, the convenience will cost you more. Buy some snacks ahead of time and keep them with you so you are not tempted.
- Drink water. Fancy beverages add dollars and calories to your food budget, so drink water more. If you are worried about drinking off the tap, invest in a water filter pitcher or system. You will still come out ahead on your beverage budget.

- Buy generic if possible. Sometimes the name brands and generic brands come from the exact same factory! Experiment with generic brands and see what does not matter when it comes to quality and taste.



**Listen to our latest [Mental Health Moments](#) webinar**, brought to you by the Lifesaver Wellbeing Series. In this segment we chat with Bellin Health Licensed Behavioral Health Therapists, Hannah Bauer and Micaella VanderBoom, talk about how we can recognize and manage burnout . Listen now and pass along to others who may benefit from this information. ***ALSO AVAILABLE IN PODCAST FORMAT. [LISTEN HERE](#)***

Mental Health Moments podcasts are posted bi-monthly, featuring mental health experts from Bellin.