

Autumn Health Picks

HEALTHY HABITS



October 7, 2020

Key Takeaways

1. Planning and spending are a part of the process, not something to eliminate
2. Determine what you need: plan and prepare before and while you are at the store
3. Get what you need: double-check what you have at home, know what to expect when grocery shopping
4. Prerpare what you need: maximize meal prepping and make sure to add variety

Resources

Food Storage

- Academy of Nutrition and Dietetics
- eatright.org

Eating Affordably

- 10 Tips for Eating Right Affordably by Esther Ellis, MS, RDN, LDN
- eatright.org

Apps/Websites for Planning

- Eat This Much: The Automatic Meal Planner, Analyst, Mealtime, Yummly
- Recipe variety: Tasty, Fit Men Cook
- Integrating Habit Change: Noom