



# Lighten Up!

## Eating Well Is Easy

Forget about why you feel it is hard to eat well and make it easy on yourself. Use these tips to get you over the obstacles to a healthy meal:

### I don't have time:

- If you grab ready to eat portions at the grocery store, grab ones without sauce and ones that are baked or broiled.
- Take a few minutes each week to write out a meal plan so you don't have to do it each day.
- Cook three of four meals when you have extra time in the kitchen – then freeze and save.
- Consider using a crock pot for full meals that can cook while you do other things.
- Frozen vegetables are quick to cook and low in sodium.

### It's too expensive:

- Eating at home or taking meals to work is cheaper per meal (and healthier) than eating out.
- Use a grocery list to avoid impulse buys and use coupons (but only for things you need).
- Consider store brand products and compare "per ounce" stickers to save per serving.
- Buying in bulk can often be cheaper – separate goods into single servings and store extras.
- Save money (and calories) by serving meals on smaller plates. You could easily get an extra meal or two from each thing you cook.

### I don't know how:

- When learning to cook, start with simple recipes. Try harder ones as you get comfortable.
- Recruit help in the kitchen from other friends or family members.
- Consult some picture cookbooks, take a cooking class, or search online for videos with tips.

### It's not fun:

- Make it fun to cook by inviting others to help.
- Enjoy your meal – sit down at the table to eat and talk, rather than just eat in front of the TV.
- Pick foods you enjoy – if they are high in fat or sugar, try to find healthy substitute ingredients
- When cooking for groups, pick recipes you can modify to make fun for all (i.e. tacos, pizza, salad) where each person can add their own ingredients.
- Let each family member pick one meal per week – it is okay if it's something "unconventional".

To receive an incentive, please complete and return to your Agency Coordinator by June 25, 2013.

For more information, please visit the CommonHealth website at: [www.commonhealth.virginia.gov](http://www.commonhealth.virginia.gov)



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Group Name: \_\_\_\_\_

Location: \_\_\_\_\_