



25 Ways to Eat Healthier on a Budget

You don't have to choose between healthy eating and your bank account. Follow these tips to make healthy food choices. Your stomach and your wallet will thank you!

Plan ahead

- **Create a meal plan.** Look for healthy budget-friendly recipes with the same ingredients but different preparations.
- **Plan meals around food you already have.** Check your cupboards, freezer, and fridge; eat perishable food before it spoils.
- **Make a grocery list.** Write down the ingredients and quantities you need.

[Read more...](#)



This Month's Webinar

Mindful Eating

Does eating in your car, wolfing down lunch at your desk, or snacking while watching TV sound familiar? Do you often finish eating something and not really remember the experience? If so, you're not alone-between the hectic schedules we keep and the different roles that food plays in our lives, eating mindfully has become challenging for most of us. During this interactive session, we'll come to understand the concept of mindful eating and how to apply it. We'll also explore the important role mindfulness plays both in managing weight and in enhancing physical and emotional wellbeing.

[Log-in](#) any time this month to watch the webinar!