



Shape Up Your Workplace

A monthly series brought to you by Get Healthy CT

Workplace Wellness Idea #18: Healthy Grocery Shopping Tips

Get Healthy CT aims to provide businesses with ideas that will facilitate healthy behaviors of their employees to improve employee satisfaction, productivity and showcase the employer as a role model for health. To support this, we will provide a “Workplace Wellness Idea” each month that employers can implement at low or no cost.

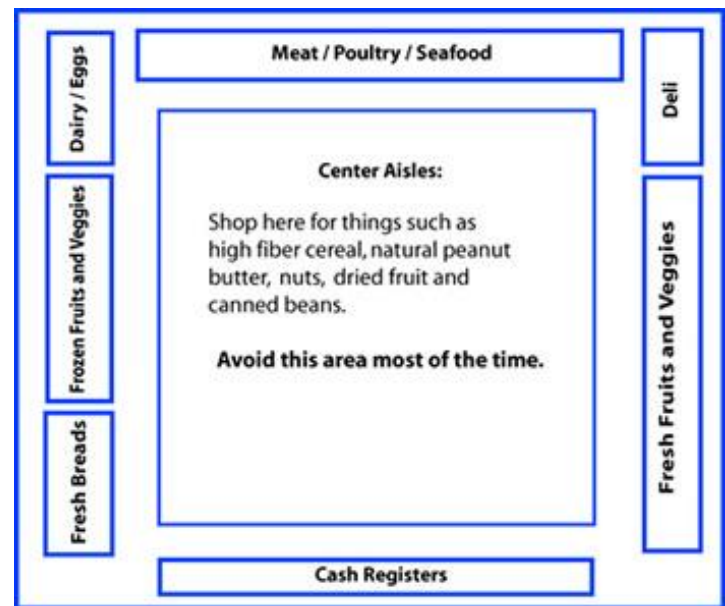
One way to help your employees adopt healthier eating habits is to provide them with simple-to-use tips for buying healthier food and preparing healthy meals. Here are some simple guidelines for healthier grocery shopping and cooking. The guidelines are intended to help you shop smarter and prepare healthier meals at home.

Simple Healthy Shopping Tips

Healthy meals begin at the grocery store, but first you need to know how to navigate the aisles to select the healthiest ingredients for your meals. Here are some simple tips you can use on your next grocery trip:

✓ **Shop the outer perimeter of the grocery store first:**

You should spend the majority of your grocery budget in the outer perimeter of the store since that is where you find the healthiest and least processed items. You may need to go to specific aisles for other healthy items such as canned beans, nuts, and high fiber cereal.



Source:

<http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/mass-in-motion/kids-health/eat-better/grocery-shopping.html>

