

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.

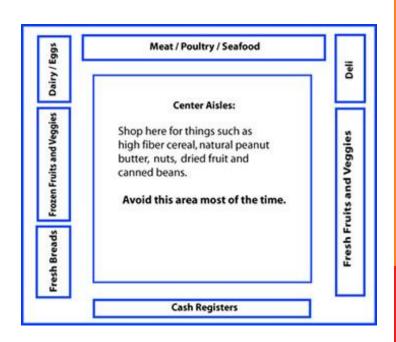
Simple Healthy Shopping Tips

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

- ✓ **Don't shop hungry:** Shopping on a full stomach will help you to avoid tempting (and often unhealthy) snack items. Try keeping healthy snacks in your car or bag like trail mix, cut-up vegetables, fresh or dried fruit.
- ✓ **Buy in season:** Fresh fruits and vegetables that are in season are often less expensive in the supermarkets. Local Farmer's Markets are a great place to buy fresh produce. Check out our Winter Farmer's Market list on **GetHealthyCT.org.**
- ✓ **Go with a plan:** Before you shop, plan out your meals for the week and use those ingredients to build your shopping list. Sticking to your list will also help you save money by avoiding unnecessary items. Here is an example of a Grocery Game Plan to use:

Download a copy at: http://www.choosemyplate.gov/budget-grocery-list

✓ Try buying canned or frozen: Canned and frozen fruits and vegetables are often less expensive, just be sure to check the label to make sure there is no added salt or sugar. You can also rinse the item to help remove some of the added salt and sugar.



Try these websites for additional resources to help you plan to shop healthier!

- > Budget Menus: http://www.choosemyplate.gov/budget-sample-two-week-menus
- List Your Weekly Meals: http://www.choosemyplate.gov/budget-weekly-meals
- Tasty Low Cost Recipes: http://www.choosemyplate.gov/budget-recipes

For more information, please visit <u>GetHealthyCT.org</u>
Let's work together to help make the healthy choice the easy choice in the workplace!