THYME TO SAVE SOME MONEY CHALLENGE

MARCH 7 - 25, 2022

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BENEFIT:

30,000 WELLBUCKS & 25 HC360 POINTS (INSURANCE PLAN)

Is the cost of healthy eating habits coming between you and a nutritious diet? You are not alone! Our goal this month is to offer up some practical tips and applications to help you eat healthy on a budget.

Week 1: Inventory

Take thyme this week to go through your pantry, fridge, and freezer to identify the following:

- 1. Healthy foods your family enjoys and consistently consumes
- 2. Foods you could buy in bulk
- 3. Foods you could buy canned or frozen

Week 2: Healthy Swaps

Take thyme this week to identify foods you can swap out for a more nutritious option. This activity will help you identify non-nutritious and costly items you would be willing to refrain from purchasing.

Examples:

- Frozen Yogurt for Ice Cream
- Lettuce Wraps for Burger Buns
- Flavored Sparkling Water for Soda

<u>Week 3: Plan</u>

This week, take thyme to prepare a simple plan of your meals for one week and utilize the Healthy Grocery List on page 3 to plan for your next shopping trip!

> SUBMISSION DEADLINE: MARCH 30, 2022 REPORTING/PARTICIPATION: PAGE 2 TEMPLATE

> > - PAGE 1 -

THIS IS AN INTERACTIVE DOCUMENT

- PAGE 2 -

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WEEK 1 - INVENTORY

HEALTHY FOODS YOU/YOUR FAMILY EATS:

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FOODS YOU COULD BUY IN BULK:	

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FOODS TO BUY CANNED OR FROZEN:

<u>THIS</u>	FOR	<u>THAT</u>

WEEK2 - Swaps

WEEK 3 - Plan

S	BREAKFAST LUNCH DINNER SNACKS	
M	BREAKFAST LUNCH DINNER SNACKS	
T	BREAKFAST LUNCH DINNER SNACKS	
W	BREAKFAST LUNCH DINNER SNACKS	
T	BREAKFAST LUNCH DINNER SNACKS	
F	BREAKFAST LUNCH DINNER SNACKS	
S	BREAKFAST LUNCH DINNER SNACKS	

THIS IS AN INTERACTIVE DOCUMENT

HEALTHY GROCERY LIST

VEGETABLES

Squash	Lettace
Broccoli	Cabbage
Carrots	Peas
Cauliflower	Green Beans
Cucumber	
Kale	
Peppers	
Zucchini	
Onion	
Garlic	

FRUITSApplePineappleBananasStrawberriesBlueberriesWatermelonGrapesWatermelonKiwi FruitILemonILimeIMangoOrange

GRAINS & BEANS

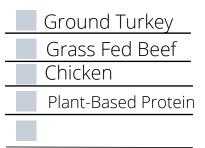
Pear

Brown Rice Pasta	Jasmine Rice
Lentils	Popcorn
Oatmeal	
Black Beans	
Pinto Beans	

HEALTHY OILS



MEAT/POULTRY



DAIRY

