

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

Week 3: Plan

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

WEEK 1 - INVENTORY

HEALTHY FOODS YOU/YOUR FAMILY EATS:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

FOODS YOU COULD BUY IN BULK:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

FOODS TO BUY CANNED OR FROZEN:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

WEEK 2 - SWAPS

THIS *FOR* **THAT**

_____	→	_____
_____	→	_____
_____	→	_____
_____	→	_____
_____	→	_____
_____	→	_____
_____	→	_____
_____	→	_____
_____	→	_____
_____	→	_____

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	_____

HEALTHY GROCERY LIST

VEGETABLES

- | | |
|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Squash | <input type="checkbox"/> Lettuce |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Cabbage |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Peas |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Green Beans |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> |
| <input type="checkbox"/> Kale | <input type="checkbox"/> |
| <input type="checkbox"/> Peppers | <input type="checkbox"/> |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> |
| <input type="checkbox"/> Onion | <input type="checkbox"/> |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> |

HEALTHY OILS

- | |
|--------------------------------------|
| <input type="checkbox"/> Olive Oil |
| <input type="checkbox"/> Coconut Oil |
| <input type="checkbox"/> Avocado Oil |
| <input type="checkbox"/> |
| <input type="checkbox"/> |

FRUITS

- | | |
|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> Apple | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> |
| <input type="checkbox"/> Kiwi Fruit | <input type="checkbox"/> |
| <input type="checkbox"/> Lemon | <input type="checkbox"/> |
| <input type="checkbox"/> Lime | <input type="checkbox"/> |
| <input type="checkbox"/> Mango | <input type="checkbox"/> |
| <input type="checkbox"/> Orange | <input type="checkbox"/> |
| <input type="checkbox"/> Pear | <input type="checkbox"/> |

MEAT / POULTRY

- | |
|----------------------------------------------|
| <input type="checkbox"/> Ground Turkey |
| <input type="checkbox"/> Grass Fed Beef |
| <input type="checkbox"/> Chicken |
| <input type="checkbox"/> Plant-Based Protein |
| <input type="checkbox"/> |
| <input type="checkbox"/> |

DAIRY

- | |
|-------------------------------------------|
| <input type="checkbox"/> Eggs |
| <input type="checkbox"/> Block Cheese |
| <input type="checkbox"/> Yogurt |
| <input type="checkbox"/> Milk of choice |
| <input type="checkbox"/> Grass Fed Butter |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |

GRAINS & BEANS

- | | |
|-------------------------------------------|---------------------------------------|
| <input type="checkbox"/> Brown Rice Pasta | <input type="checkbox"/> Jasmine Rice |
| <input type="checkbox"/> Lentils | <input type="checkbox"/> Popcorn |
| <input type="checkbox"/> Oatmeal | <input type="checkbox"/> |
| <input type="checkbox"/> Black Beans | <input type="checkbox"/> |
| <input type="checkbox"/> Pinto Beans | <input type="checkbox"/> |

