

Healthy Life Minute: Healthy on a Budget Transcript

Rachel: Hi, I'm Rachel Wright.

Maressa: And I'm Maressa.

Rachel: Welcome to the Healthy Life Minute, a quick video series where we share practical tips to help you eat well, get active and stay healthy all in a minute or less. Maressa is here with us today, and she is one of our healthy life navigators and she is also a registered dietitian. Today, we're going to be talking about eating healthy on a budget. So, I think one of the biggest misconceptions about eating well is that it's too expensive. Can you help us debunk that myth?

Maressa: Of course. So first and foremost, it's so important to plan. If you don't have a plan, you're going to most likely go to fast food restaurants and rely on that so I recommend apps which have tons of healthy recipes and that can help you build out your grocery list for the week. Also, you can try to make your own whole grains or beans here like we have. All you have to do is soak these overnight for about six hours and then you would prepare them by adding them to the crock pot with cilantro, onion, or garlic. Then you can have a healthy meal when you get home from work.

Rachel: That's awesome. There's nothing better than walking in and having dinner ready to go. I know one big thing that helps me a lot is that I build my snacks into my grocery list so I have everything I need. I like to try to get some unsweet apple sauce or all natural popcorn, maybe some veggies and hummus, and then that way I'm not hitting the vending machine or the drive thru. I also like to try to shop the sales. I think that's been a good one for us.

Maressa: Yeah, you're definitely doing the right thing by taking healthy snacks with you so you don't rely on vending. But, also the weekly flyers are great to look at when you're shopping for the week. You also want to look at that for your produce and your vegetables, things like that.

Rachel: Oh, I'm glad you said vegetables. What are some tips to help save money on fruits and veggies?

Maressa: You don't want to go with the pre-cuts because those are going to be more expensive. You always want to cut them yourself even though it takes a bit more extra time, it's worth it. So, any kind of fruits you have that you know you're

not going to use or are starting to go bad, just cut those up and put them in a baggie and freeze them and they're great for smoothies. Also, go into the frozen vegetable section. Those are wonderful because they're already pre-cut, and they have a lot less sodium than the canned vegetables.

Rachel: That is some really great information. Thank you so much for sharing that with us, and thank you for watching the Healthy Life Minute. We're posting new content here on myMohawk daily, so make sure you're checking in regularly for more health tips, business news, product features and more.