

WEEKEND HEALTH TIPS



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Spend less at the grocery store!

- 1. Use coupons*
- 2. Eat before you go shopping*
- 3. Look for store brands instead of name brands*
- 4. Grab from the back– foods are stocked by date. The further date will be located in back and it will last longer!*
- 5. Join the loyalty program*
- 6. Use gift cards– you are less likely to over spend*

Make grocery shopping easier!

Do you over-buy or spend hours wandering around the store?

Make grocery shopping less stressful by planning ahead!!



Check out
these
print-outs!



DID YOU KNOW?!

About **90 billion pounds** of edible food goes uneaten each year!!

What can you do?

Check out this infographic



In this issue:

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- * Meal-kit delivery
- * **SUPER**Tracker
- * New Recipes
- * SASD Events

Try a new recipe!

Breakfast



Baked Oatmeal

Dinner



Roasted Vegetable Tacos

Snacks



Fiesta Hummus

Subscribe to a meal-kit delivery service!

First, you pick the meals from what the company offers. Then, a box with recipes and proportioned ingredients is delivered to your doorstep every week!

Here are the top 5 places to choose from:

1. **HelloFresh** is \$11.50 per portion. *Best for diet conscious diners.*
2. **Green Chef** is \$11.99 per portion. *Best for those who want to eat organic.*
3. **Plated** is \$12 per portion. *Best for foodies.*
4. **Purple Carrot** is \$11.33 per portion. *Best for Vegans.*
5. **Blue Apron** is \$9.99 per portion. *Best for adventurous eaters.*

- From the Consumer Reports On Health



The USDA and MyPlate want you to be SUPER awesome!

*Create a personal nutrition and physical activity plan!

*Track your calories and activity level and see how they compare!

*Receive tips on how to create a healthier lifestyle!

[Learn more!](#)

What's New?!

Try a new recipe!



March Challenge!



How full is your bucket?

Mental and emotional health is just as important as diet and exercising. It is important to take care of yourself, but it is also important to help others. Research shows that if we help others there is an *decrease* in depression and stress and an *increase* in well-being.

The bucket filling challenge is a way for you to monitor what you do for others around you. The bucket represents our mental and emotional health. The acts of kindness you do for others is how you fill your bucket. Kindness and happiness is good for all! For 25 days you will be able to track your bucket filling moments. Watch for this challenge in March!

After completing it, you will receive **25 Wellness Points!**

Aches and Pains?



Aurora Athletic Trainers will be coming to schools in **March and April!** They will be there to answer questions regarding muscle/joint aches and pains. Stop by to visit Jeri and the trainers when they are at your school!

FREE Fitness Classes

Don't forget about all of the classes SASD has to offer!

[Click here for more details.](#)

NEW DANCE CLASS!!

On Tuesdays and Thursdays 5:30-6:30 p.m.

[Click here for more details.](#)



Breakfast



Broccoli Omelet

Dinner



Baked Cod and Veggie Packets

Snacks



Cucumber Yogurt Dip