10 TIPS TO MAKE EATING HEALTHY EASY

Florida Department of Health

WIC Program

WIC FLORIDA

Florida HEALTH

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Give yourself more healthy eating choices and save money by planning home cooked meals.

Here are 10 tips to get you started:

TIP #1

Pick a day every week to plan your meals right before you go shopping.

Ask your family to help choose the meals.

TIP #2

Plan to make the same favorite meal on the same day every week.

Give it a fun name like "Meatless Monday," "Taco Tuesday," or "Finger Food Friday."

TIP #3

Try to plan your meals around fruits and vegetables that are in season. Seasonal produce is tastier and less expensive.

Springtime fruits and vegetables in Florida include:

Green leafy veggies like spinach or chard, cabbage, carrots, cucumbers, squash, blueberries, grapefruit, papaya, and watermelon.

TIP #4

Keep frozen and canned veggies on hand so you can eat broccoli, corn, green beans, squash, and peas year-round.

TIP #5

Eat a rainbow. Blending is an easy way to provide a variety of veggies and fruits in every meal.

Boil carrots and blend into tomato sauce. Blend other veggies like sweet potatoes or cauliflower in with mashed potatoes. Blend spinach into a fruit smoothie (really, it works!).

TIP #6

Make it easy to fill half your plate with fruits and vegetables.

Keep ready-to-eat vegetables like baby carrots, pre-sliced cucumbers, and pre-rinsed lettuce on hand.

TIP #7

Bring your own.

Stock up on containers and ice packs and prepare "grab and go" lunch meals the night before. Cold meals like sandwiches, egg or tuna salad, and wraps are easiest.

TIP #8

For each snack, mix and match foods from 2-3 different food groups.

TIP #9

Cut down on dishwashing time.

Look for recipes that can be made in just one pot, oven-pan, or a crock pot.

TIP #10

Double a recipe and freeze half of it.

This works well with stews, taco filling, and casseroles.

NEED HELP WITH RECIPE IDEAS?

Health eKitchen on WICHealth.org has your back!

Find Recipes like:

Rainbow Chicken Salad

Chicken and Broccoli Skillet Meal

Tuna Lettuce Wrap

One Pot Jambalaya

Garlic Potato and White Bean Mash

Happy Face Veggie Pizza

Watermelon Banana Split

And many more!

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Don't forget to use all of your WIC food benefits each month!

Your WIC Nutritionist can help you think of ways to get the most out of your food benefits.

Which tip will you use to help make eating healthy easy?