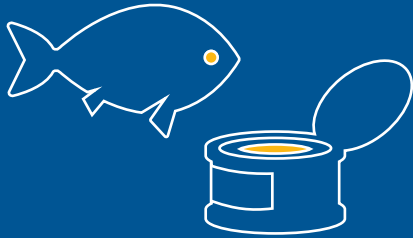




# EAT A BALANCED MEAL WHILE SAVING TIME & MONEY!



1. Seafood serves as a **LEAN PROTEIN SOURCE** and a **SUPER QUICK OPTION** to prepare for meals.
  - a. Consider purchasing canned or frozen fish and you'll be sure to save time and money...not to mention consuming a heart healthy meal.



2. **PURCHASE FROZEN VEGETABLES AND PRECUT FRESH VEGETABLES** to help cut down on preparation time and produce a delicious meal.
  - a. Many ingredients, such as onions, green peppers, mushrooms, etc., can make the cooking process quick and easy.
  - b. Prewashed bags of salad mixes might cost \$1 more than whole heads of greens, but you may save in the end in time and less waste.



3. **READ YOUR NUTRITION LABELS and CHOOSE CONVENIENCE ITEMS CAREFULLY** to avoid products that are loaded with salt and saturated fat.
  - a. Canned broths and tomato sauces, for example, can appear to be a quick option, but might not serve as the healthiest option.
  - b. Consider making a sauce from scratch!



4. **TAKE AN INVENTORY OF YOUR PANTRY** before you head to the store to avoid overspending on ingredients you already have. Always **RESTOCK ESSENTIAL PANTRY ITEMS** when they run low.

