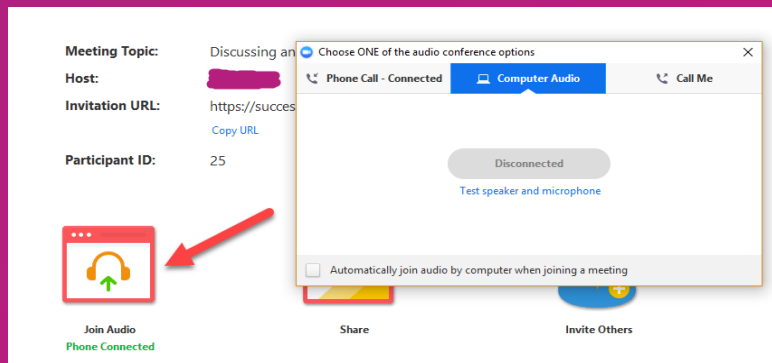




## Welcome to Health Net's Monthly Wellness Webinar

Participants are muted upon entering the webinar to avoid background noise; the presentation will begin promptly at 12:00 PM PST.

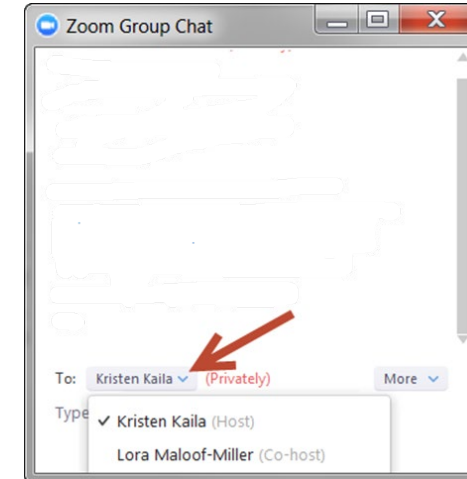
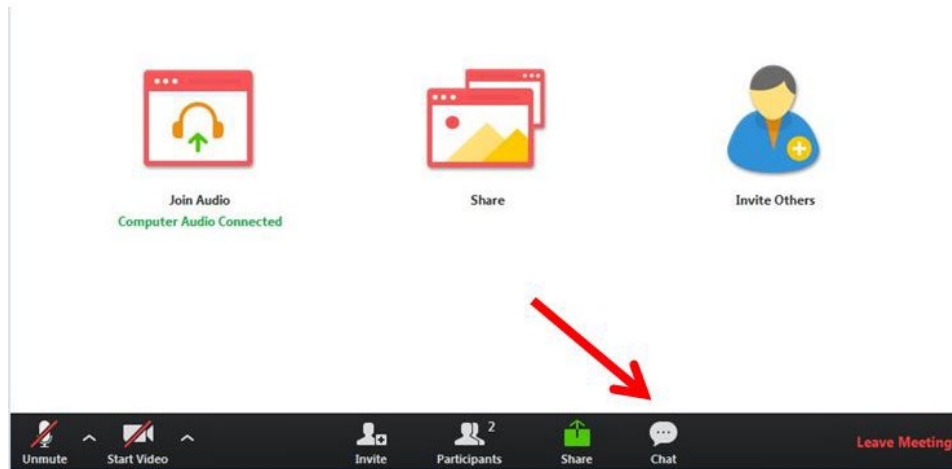
**If you wish to change your audio setting:** click on the "Join Audio" icon shown on the picture with the arrow. A pop-up box will appear with audio options. Please select your preferred audio option and check the box to set your default selection.



**Call-in number for audio: 1-669-444-9171**

**Conference Code: 961 8426 1777**

# Chat Function



# Disclaimer

The information provided in this presentation is intended for the general information of the audience. It is not medical advice and shall not replace consultation with your physician or other qualified health provider. If you have any health-related questions or problems, please seek the advice of your physician or other qualified health provider.



# Healthy Eating on a Budget

Presented by Claudia Graetsch-Vasquez, RDN, CDCES/CDE

Adapted from ppt by Katie Horrell, MS, RDN

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*Las dispositivas están disponibles en español si las solicita.*

# Common Healthy Eating Barriers

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Cost

Availability

Spoils Quickly

How to Prepare it?

Will it Taste Good?!





**Cost!!**

# Healthy Habits

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Those who ...

Plan Meals Ahead

Write Grocery Lists

Create a Food Budget



...Eat more healthy meals per week than those who don't!

# 10 Tips to Eating Healthy on a Budget

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1. Buy Fruits and Veggies in Season
2. Search for Sales!
3. Create a Budget
4. Prepare for the Week
5. Repurpose Leftovers
6. Include Vegetarian
7. Compare Prices
8. Get Creative
9. Purchase Only What You Need!
10. Affordable swaps



# 1. Buy Fruits & Veggies in Season

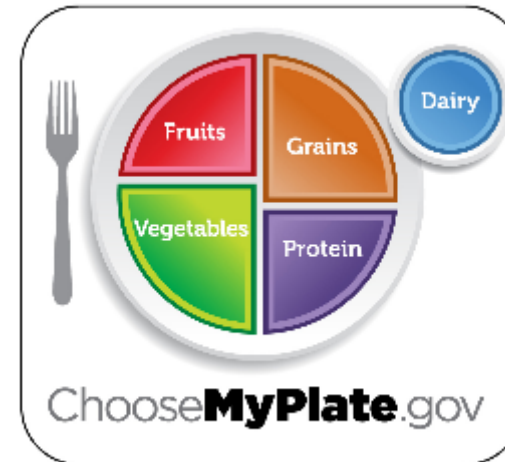
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A healthy diet emphasizes  $\frac{1}{2}$  your plate including fruits and veggies

In season produce is cheaper

- Better taste, texture, freshness!

Less travel time, less time & labor that goes into shipping the produce



# whats in season *june*



- |              |                |
|--------------|----------------|
| Artichokes   | Greens         |
| Asparagus    | Leeks          |
| Avocados     | Mango          |
| Bananas      | Melons         |
| Beets        | Mushrooms      |
| Blackberries | Okra           |
| Blueberries  | Papaya         |
| Bok Choy     | Peas           |
| Broccoli     | Pineapple      |
| Carrots      | Potatoes       |
| Corn         | Raspberries    |
| Cauliflower  | Stone Fruit    |
| Celery       | Strawberries   |
| Cherries     | Summer Squash  |
| Cucumbers    | Tomatoes       |
| Grapes       | Vidalia Onions |
| Green Beans  | Zucchini       |

*visit [healthyfamilyproject.com](https://healthyfamilyproject.com/) for recipes  
using these seasonal fruits & veggies*

<https://healthyfamilyproject.com/>

## 2. Search For Sales!

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Have fun with it- look at prices and make meals with the most affordable fruits and veggies of the week!

Look at local ads before shopping, then write out your grocery list

**Avoid buying JUST because it's on sale**



# 3. Create Food Budget

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No one way is the “right way” – do what works for you!

- Pen & Paper
- Envelope method
- Phone apps
  - Every Dollar
  - Mint
  - GoodBudget
  - Notes app



## 4. Prepare for the Week

Plan meals you want to cook

Doesn't have to be rigid or restrictive... just plan for super busy days!

To plan:

1. Get pen & paper
2. Write in days of the week
3. Write out meals busy meals

**GROCERY LIST**

Fruits/Vegetables	Bulk Foods	Canned Goods
Spices/Oils	Dairy	Grains/Breads
Meat	Desserts/Snack	Beverages

[www.FreePrintableGroceryList.com](http://www.FreePrintableGroceryList.com)

## 5. Repurpose Leftovers

No one likes eating the same thing over and over!

Think of ways to use what you've already made

- Examples:
  - Leftover stir-fry → wrap
  - Leftover chicken & veggies → soup
  - Random fruits? → fruit salad
  - Random everything?! → burrito bowl



## 6. Include More Vegetarian Meals

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- Meatless meals save \$\$
- Think: beans, lentils, tofu, nuts, seeds & dairy as protein alternatives
  - Processed soy products can be just as pricey as meat
- 1-3x per week



# 7. Compare Prices

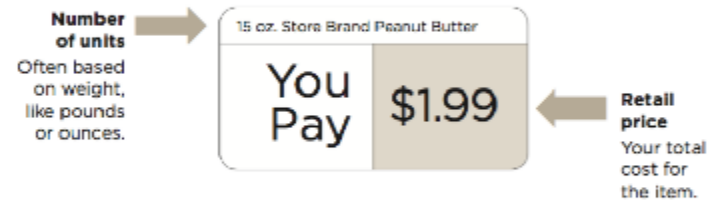
Fresh vs. frozen vs. canned  
Retail price / Number of units  
=Unit price

- Example: 18 oz Cereal @ \$2.99  
 $2.99 / 18 = 16$  cents per ounce
- 14 oz Canned peaches @ 99 cents  
 $7$  cents per ounce

## SKILL: COMPARING UNIT PRICES

### SKILL: COMPARING UNIT PRICES - MATH!

**Key Point #1:** Sometimes the unit price is not shown. In this case, you'll need to find two numbers: the retail price (or "price you pay") and the number of units the food is sold in.



**Key Point #2:** Unit price =  $\frac{\text{Retail price}}{\text{Number of units}}$

In this example, unit price =  $\frac{\$1.99}{15 \text{ oz.}}$  = \$0.13 per ounce

Cooking Matters at the Store • ©2012 Share Our Strength, www.strong.org



## 8. Get Creative in Your Pantry!

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Play “Chopped” in your own kitchen

Don't be restricted by recipes, mix and match!

Try to follow MyPlate as a guide to create a new dish from what you already have in your pantry



## 9. Purchase Only What You Need

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In the U.S., 30-40% of the food supply is wasted, equaling more than 20 pounds of food per person per month

(United Nations Environment Programme, 2015)

Food Waste = \$\$ Waste



## 10. Affordable Swaps

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- Don't be afraid to modify recipes!
- What do you have on hand?
- Is there a sale on a similar item?
  - Ex: Raspberries vs. Strawberries, ground beef vs. ground turkey

# Cooking for One



# Cooking for one

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More “difficult”, but not impossible! 😊

Choosing a variety of fresh, frozen, and canned/dried fruits and veg.

Using items that can be repurposed

Keep ingredients simple!

Tips on Fruits/Veggies, Proteins, & Grains



# Keeping it Simple

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Aim for recipes with 5 ingredients or less

What do you have already?

Improvise for fancy herbs/spices

- Swap spices if needed
- Can you use dried instead of fresh?



# Prevent Waste

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Vary type of fruits and veggies used

- Fresh
- Frozen
- Canned
- Dried

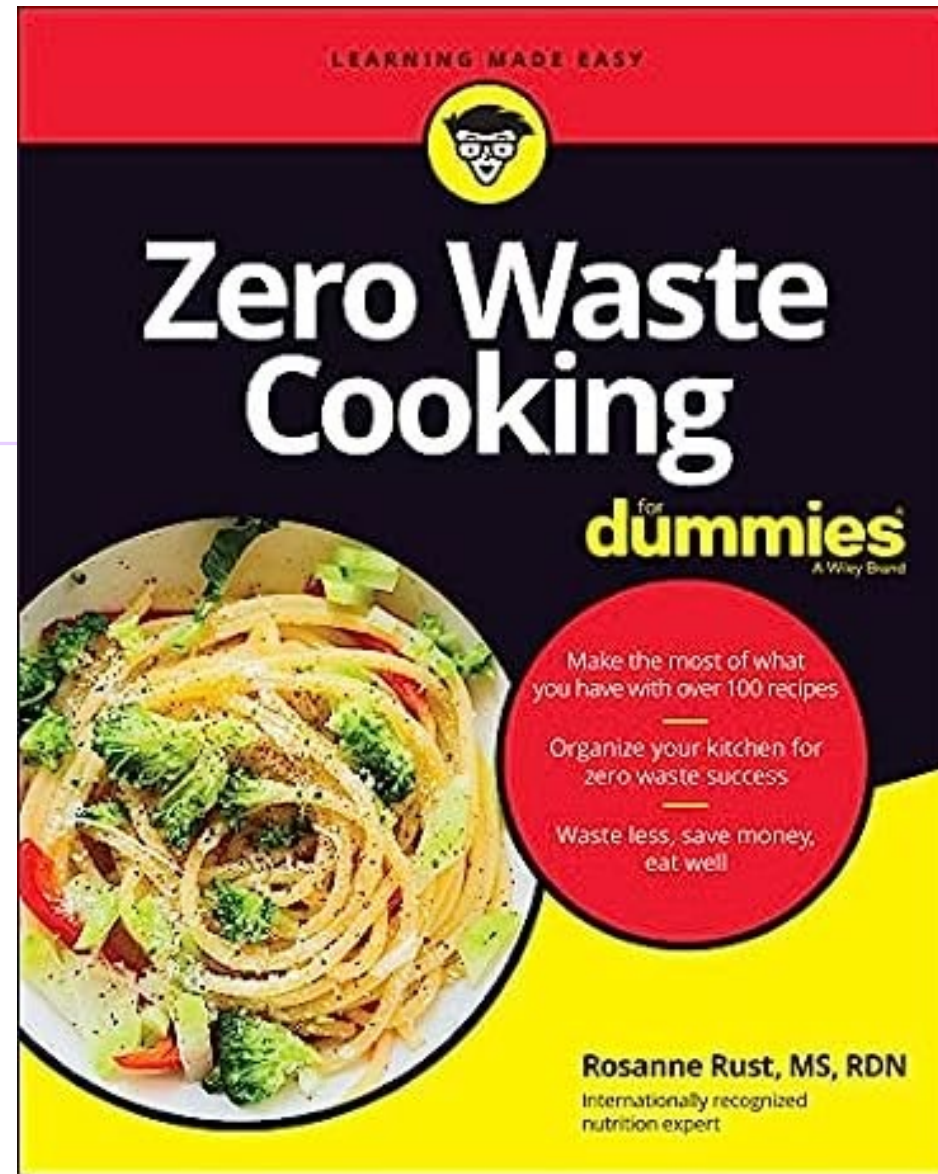
Only buy what you can eat before it perishes!

Be strategic.

- Most perishable fresh produce (e.g. berries and spinach) early in the week
- Save heartier produce like cabbage, carrots and potatoes for meals later in the week



<https://rustnutrition.com/>  
instagram: chewthefacts





# Proteins

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Eggs can make a meal happen in a flash, anytime!

- Hard boil a few on the weekend to have as an easy breakfast, snack or quick salad addition

Buy a whole package of meat or poultry and wrap individual portions in freezer-safe paper; label each with the date and contents.

Large container vs. individually packaged milk, cheese, yogurts



# Grains

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Freeze cooked whole grains (brown rice or barley) and freeze in individual portions using a muffin pan.

- Once frozen, the discs can be stored in a zip-top bag.

Freeze bagels, English muffins or a loaves of bread?

- wrap them tightly in plastic wrap to prevent freezer burn.

Bulk bins: grains, herbs, spices, nuts, seeds, beans.

- purchase exactly what you need with no waste
- cheaper per pound



# Mix up your spices & marinades

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Avoid boredom by switching up flavors

- Fresh or dried herbs/spices
- Lemon, lime, or orange juice
- Rice, white, or red wine vinegars
- Olive oil, grapeseed oil,



Scan this QR code or [tap here](#)  
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[https://www.myplate.gov/app/shopsimple?utm\\_source=shop-simple&utm\\_medium=redirect&utm\\_campaign=desktop-redirect](https://www.myplate.gov/app/shopsimple?utm_source=shop-simple&utm_medium=redirect&utm_campaign=desktop-redirect)

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Myplate.gov

# Questions?

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# Decision Power Health & Wellness

Health Net's online resources that include:

- Personal Health Profile
- RealAge Test (health assessment)
- Finding and comparing doctors
- » Wellness center programs and information:
  - Weight management
  - Nutrition
  - Smoking Cessation
  - Exercise
  - Stress Management



# Telephonic Support/Coaching



## Personalized support

Work one on one with a health coach:

**Learn** what to expect when trying to make a healthy change.

**Understand** what motivates you.

**Decide** exactly what you want to focus on.

**Set** specific health goals.

**Track** your progress – Your coach will help you stay with it!



## Not sure what to do?

Call our Nurse Advice Line. A registered nurse is ready to answer your questions.

Call 1-800-893-5597



# Healthy Discounts

With Decision Power<sup>®</sup> Healthy Discounts, you'll get value-added discounts on lifestyle improvement products and services, including:



**Weight management**  
•Weight Watchers



**Chiropractic/  
acupuncture  
services and  
more**  
ChooseHealthy



**Eye care**  
EyeMed



**Hearing aids  
and screenings**  
•Connect Hearing  
•Beltone



**Fitness club  
discounts**  
ChooseHealthy

# myStrength



## Proven tools for your mind, body and spirit

Help you learn to reduce stress, anxiety, depression, or substance use.



## Free and convenient

With web and mobile apps, you'll have support at home and on the go.



## Personal and private

Your home page is made for you. myStrength is secure and private.



## Engaging and inspirational

Activities help you learn new ideas while keeping you motivated!



# Online Health Challenges



## Ongoing monthly challenges

Ready, Set, Summer\*

Beat the Heat

Change Your Mind

Small Steps, Big Strides\*



## July Health Challenge

Step It Up

Non-HN members register or log on: [sharecare.com](https://sharecare.com)

HN members register or log on : [healthnet.sharecare.com](https://healthnet.sharecare.com)



\* 90-day challenge

health net | sharecare

### Step It Up Challenge

Step towards a younger you.

The Step It Up Challenge runs from 7/1/2023 to 7/31/2023. It's all about adding more movement to your day, while reaping the rewards. Getting more movement has shown to help reduce stress, improve productivity, boost your sleep and lower your RealAge. Which means this challenge is a win-win!

**The goal**  
Take 7,000 steps per day for 21 days between July 1st to July 31st to meet the challenge goal of 147,000 steps. Don't worry, getting 147,000 is easier than you think. Take an extra lap around the block with the dog, try for a few more minutes on the treadmill or convert your daily activities to get credit for things like housework, yoga or gardening.

**How the challenge works**

1. Log in to your Sharecare account or register at [healthnet.sharecare.com](https://healthnet.sharecare.com).
2. Find the **Challenges** under the **Achieve** icon.
3. Look for **Step It Up Challenge** and click **Join**.
4. Grab your smartphone, pedometer, or any other activity tracker, and start recording your steps. Aim for at least 7,000 a day.

**How do I track my steps?**  
There are two ways to track your steps:

1. **Automatic Tracking:** Sync with your Samsung or iPhone's Health apps or Android's Google Fit app to allow for seamless, automatic input of your steps data.
2. **Manual Tracking:** Each day, log in to the Sharecare app to manually record the number of steps you've taken. Use the steps conversion chart to convert your activities to steps.

**Have questions?** Call the wellness program at **855-430-5272** to learn more or visit [healthnet.sharecare.com](https://healthnet.sharecare.com).

This challenge is open to All eligible members. If you require a reasonable alternative to participating in promotions and challenges due to medical necessity or other reasons, please contact the wellness program at 855-430-5272.

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# Upcoming Wellness Webinar

Expand your Well-being Portfolio  
with Green Space

Wednesday July 19, 2023

12pm-12:45pm pacific time



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THANK YOU FOR YOUR TIME TODAY!

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