

W O W

Workplace & Organization Wellness

Budget-Wise Eating...

Plan healthy meals using foods from the six the Caribbean Food Groups.

Include available foods, and use items closer to expiry first, to avoid food waste.

Save more by purchasing produce from local farms or farmers market.

Spend less by purchasing foods in season; blanch and freeze extra for later use.

Select peas and beans as meat substitutes while using less animal products, to reduce the amount spent on protein foods.

Use a grocery list to guide selections while shopping.

Be creative with leftovers. (Leftover chicken and salad can be used in wraps or sandwiches.)

Capitalize on red dot items, since they are offered at a reduced price.

