

FEAT

GOOD

FOOD

## Every Day, Everywhere and Without Breaking the Bank

- Plan your meals, make a list and don't shop hungry
- Use coupons when you shop
- Compare brands
- Join your store's loyalty program
- Buy in bulk

## MARCH ACTIVITY

### Monitor Your Diet and Meal Plan

This month's activity focuses on gradually improving your diet. Each week will build on the previous week's progress! Your first tip? Eliminating foods that contain high fructose corn syrup or partially hydrogenated oils is an easy way to improve your diet fast!



Insurance | Risk Management | Consulting

Powered by

**navigate**<sup>o</sup>

Wellbeing Solutions

*The information in this activity document is provided for general informational purposes only and should not be considered medical advice, diagnosis or treatment recommendations.*