

Real Life Solutions

MAKE TIME FOR HEALTHY EATING



EFR EMPLOYEE & FAMILY RESOURCES

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In a nation where pizza is a vegetable, it is becoming increasingly difficult to make healthy meal choices. As a parent, it is easy to get caught up in the back-to-school morning scramble; you send your kids out the door with a Lunchable while grabbing a couple dollars for the McDonalds down the road from the office for. At EFR, we urge you to take 15 minutes out of your day to make healthy eating choices for yourself and your family.

Tips for saving time and eating healthy:

1. Pack lunches the night before

By packing your lunches the night before, you will be able to save precious time in the morning! A sack lunch will also save money compared to cafeteria prices, and will make it easier for yourself and your kids to make healthy choices. Remember, a sack lunch is only as healthy as you pack it! Take time the night before to thoroughly plan out a balanced and nutritious lunch for your family to enjoy at the workplace or at school. Keep the food fresh by storing it in your refrigerator.

2. Educate your kids on healthy choices and restraint before sending them to school with lunch money. At the office, follow the same advice you gave them

Depending on how your children's cafeteria is set up, there is probably a mix of healthy and unhealthy options he or she has to choose from. Why wait in line for peas and carrots when curly fries and bread sticks taste so much better? Your child may not be so

naïve that they are completely unaware of what is healthy and what isn't, however making the actual decision to go with the healthier option takes willpower, even as adults!

Take time to look at the school menu, and advise what your children should buy in the cafeteria. Create several healthy meal options for them out of what the school has available. Remember your advice while buying your own lunch at the office cafeteria. Follow restraint and good judgement, your body will thank you later!

3. Schedule healthy dinners every week, prepare as much as you can the night before

We've all been there: Driving home from a long day of work, dreading the thought of having to take the time to cook, so instead you swing by the closest fast food joint out of convenience. Alleviate the effort it takes to cook a healthy dinner by planning this week's meals over the weekend, grocery shop for the needed ingredients, and prepare as much as you can

beforehand. It's easier to throw together meals when your veggies are already chopped and your meat is thawed in the fridge when you get home.

Slow cookers are also great to use when you want to save time on dinner after work. Slow cooker meals are easy to prepare ahead of time and freeze until you're ready to use it! Your meal can be cooking throughout the workday and ready for your family when you get home.

By following these tips, healthy eating will soon become a habit. Make small, time saving changes in your daily routine will add up in health benefits. For more information on healthy eating, contact your company's HR representative about EFR's Wellness resources.

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Wellness Works.

Grabbing a bite to eat at your favorite lunch spot might be the easiest way to get a midday meal but have you thought about the impact it has on your wallet and waistline? According to Time, people who eat out three times a week spend about \$1,500 annually. While that number might seem reasonable, it adds up. In addition to the impact it has on your budget, eating out means we have less control over portion sizes, fat, and calories. In the long-term this can pack on the pounds and increase the likelihood of chronic health conditions.

Many say they don't have time to make their own lunch or they can't find anything exciting to bring. The good news is that there is a remedy for both time and boredom!

- Find a day for meal prep. You can boil eggs, make salads, slice fruits and veggies, and package snacks so they're ready to grab and go each morning.
- If your workplace has a refrigerator, consider bringing everything Monday morning.
- Try avoiding pre-packaged meals as they are highly processed and not cost effective.
- Try replicating your favorite sandwich or salad.



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