



Everyday Nutrition

Time, money, kids and the competing priorities of today's world make healthy eating harder than ever. But nourishing your body is essential for every aspect of your life and well-being. From physical health and brain health to performance and mood, the food that you eat everyday will either work for you or against you. This doesn't mean you can't indulge every now and then, but it places great importance on your and your family's everyday nutrition. Fortunately, there are many strategies you can use to build a strong nutritional foundation, even if you're short on time or resources.

Healthy eating is within reach. Start today with the following tips:

Make a plan. Planning the week in advance allows you to ensure nutritious foods are included and can also help with budgeting by allowing more efficient grocery shopping and reducing food waste.

Prioritize nutrient-rich foods. Often these can be served with little to no prep. Examples include fruits, vegetables, nuts and whole grains.

Keep it simple. Healthy eating doesn't need to be complicated. Focus on simple meals with nutrient-rich, minimally-processed foods such as roasted vegetables for tasty and healthy options your family will enjoy.

Fast, Nutritious and Kid-friendly Ideas

- Don't be afraid of frozen fruits and veggies
- Buy pre-cut and pre-washed
- Use healthy everyday snacks including nuts, veggies and hummus



SPECIAL WELLNESS WEBINAR

Everyday Healthy Eating

March 15, 12–12:30pm PST

Join Chef Laura Stec to learn more about making nutritious meals in today's modern world.

[Click here](#) to register or scan the QR code.

