

March 2009

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Healthy Eating on a Budget

- By Rachel Beyette (UK Health & Wellness Graduate Assistant)



March is National Nutrition Month® and the Health & Wellness Program encourages you to start thinking about making healthful food choices. Your everyday food choices impact your health and are something that you can control. Eating healthfully doesn't have to be complicated. Aim for a diet that emphasizes: fruits, vegetables, whole grains, lean meats and low-fat dairy products.

Economic times are tough right now and many people think that they can't afford to eat healthfully. Trust us – it CAN be done! Here are some great budget-stretching tips that you can use while shopping and cooking smart.

- Eat at home: You can prepare healthier versions of your favorite restaurant dishes at home for a fraction of the cost.
- Plan ahead: Plan your meals for the week, make a list, and stick to it! You'll avoid those not-so-healthy impulse buys or convenience foods.
- Wear "blindfolds" & eat before you shop: Avoid going down the aisles that you don't need to. It will save you time and keep you from buying unneeded

items. Try shopping the perimeter of the store – this is where the less processed, healthier foods are found.

- Buy generic: You will save money and your family won't notice. Always check out the unit prices to make sure you're getting a deal.
- Do your own prep: Cut up your own fruits and veggies as soon as you get home so they are a convenient snack on the go. The same goes for cheese – cut your own cubes or grate it to save big.
- Bring your lunch: Cook up some extra pasta or stir-fry veggies so you have easy microwave lunches throughout the week. Or you can always throw together a sandwich and some fruit.
- Don't waste: Use those overripe bananas or other fruits for tasty breads or quick smoothies. Find creative ways to use leftovers in other dishes.
- Think frozen or canned: You don't always have to buy fresh fruits and vegetables to eat healthy. Frozen or canned fruits and veggies are quick, convenient and sometimes cheaper.
- Buy beans: Dried or canned beans are an inexpensive way to add protein and fiber to your diet. Go meatless a few days a week by using beans instead of meat. Meat is one of the pricier foods on your list, so you will save big!
- Make your own snacks: Bag up some of your own 100-calorie packs for a quick and handy snack. Buying in bulk and dividing in to small baggies is something fun that the kids can help with too.

UK Spring Break, March 16-20
Alumni - normal hours
Seaton - 11:30 a.m. - 1:30 p.m. and 4-7 p.m. M-F

Calendar

Spring Cooking Class

Join us April 22 for “Great Grains! Beyond Rice and Pasta,” a hands-on cooking class where you will learn how to prepare a variety of whole grains. Cost is \$10 and space is limited. Register online at www.uky.edu/HR/wellness/cookingclass.html.

Chair massage

Having one of those days? You deserve a chair massage! The cost is only \$5 for 10 minutes or \$10 for 20 minutes. The next chair massage is April 1, from 9 a.m. to 1 p.m., in 212 Seaton Center. Reservations are required. For more information, call 257-9355.

Dancing with the Hep Cats! 6-Week Specialty Class

In this 6-week specialty class, you’ll learn the salsa, waltz, and swing. Classes begin March 17 and run every Tuesday through April 21, from 5:30-6:30 p.m., at 132 Seaton. Cost is just \$35. Class size is limited. Register at www.uky.edu/HR/wellness/bodyshop.html.



New group fitness schedule featuring Cardio Kickboxing!

Been working out for a while and need to kick it up a notch? Come kick, jab, and punch your way to a more toned body. Cardio kickboxing is among the offerings on the latest Body Shop 8-week fitness schedule. Check out the schedule here. Register at www.uky.edu/HR/wellness/fitnessclass.html

Meet March’s Membership Specialist

New to the Body Shop? Have questions? Rob is a Graduate Assistant for Health & Wellness who is here to help you. Feel free to ask him questions, offer suggestions, or set up a time to get oriented to the Body Shop facilities. You can find him in both facilities or you can reach him at healthandwellness@email.uky.edu. You can also read his -- and other staff profiles -- at www.uky.edu/HR/wellness/profiles.html.



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