

One Simple Change



Organize your frig to promote healthy eating

Studies have shown that we grab what is convenient when we are hungry and looking for a meal or snack. If you open your refrigerator and see only unhealthy snacks and drinks, you are setting yourself up for failure when trying to live a healthier life.

Try placing all healthy foods and snacks like fruits and vegetables in clear glass containers in the front of the refrigerator at eye level. The low drawers can house the least healthy items.

To make sure you have healthy choices that are easy to make when you are on the run, cut or chop vegetables and store in plain sight in the front of the refrigerator. Making a salad or a quick stir fry is so easy when these items are available when you need them.

Here are a few items to help you save time in the kitchen.

<http://www.bedbathandbeyond.com/store/product/vidalia-chop-wizard/1014556052>

https://www.keyingredient.com/kitchensnap/cuisinart-mini-food-processor/?coupon_code=DEAL20&gclid=CNatpdfm4sYCFcWPHwodxWsGOg

Also visit www.Minuteman-nashoba.org/wellness for additional information on the MNHG wellness program