

# Healthy Food Choices

NOVEMBER 2023

PHYSICAL

EMOTIONAL

SOCIAL

FINANCIAL

GROWTH

ENVIRONMENTAL



## Tips for healthy eating:

- **Think plant forward**, you don't have to be a vegetarian, vegan or skip out on the meat but think "plant forward" by starting your meals, filling your plate and meal prepping with vegetables and fruits in mind.
- **Canned vegetables, beans and tomato sauces are FINE!** Just look for low sodium options. Canned vegetables last longer than fresh vegetables and are handy in a pinch.
- **Prepare all of your fresh fruits and vegetables** when you get home from the grocery store or farmers market. By eliminating the hassle to prep them at meal prep time, you can more easily and quickly start your meal prep! Also, preparing fruits and vegetables early makes snacking on them throughout your day a sinch!
- **Think LOCAL!** CSA's and Farmers Market are a great place to get fresh, in-season, healthy and local produce!

Not sure if you have a local farmers market? Check out the USDA Local Food Directory for one closest to you.

[www.ams.usda.gov/local-food-directories/farmersmarkets](http://www.ams.usda.gov/local-food-directories/farmersmarkets)

### Additional resources:

- Local Harvest:  
[www.localharvest.org/farmers-markets](http://www.localharvest.org/farmers-markets)
- Local Farmers Markets:  
[www.localfarmmarkets.org](http://www.localfarmmarkets.org)



Check out this year's Way to Wellness topics and **download** our 2023 companion calendar with more great tips and challenges to track for each month. Stay tuned for upcoming topics!