

Eating Healthy on a Budget (Webinar Only)

Overview/Description

No matter what your financial situation is, everyone looks for ways to cut down their grocery bills. Don't let the idea that healthy food is expensive keep you from striving for a balanced diet. Take some time to learn new strategies to stick to your budget while enjoying healthy, nutritious foods.

Target Audience

Anyone looking to improve their nutrition while being mindful of the cost

Expected Duration

45-60 minutes

Workshop Objectives

At the end of this workshop you will be able to:

- Identify barriers in your life that may be preventing you from purchasing nutritious foods
- Understand ways to increase the servings of fruits and vegetables in your diet even when they are not in season
- Strategize meal preparation to ensure meals come together quickly when you are pressed for time during the week
- Limit food waste from spoiled food products that were forgotten about