



# Wellness Buddy Wednesday Tip

## TASTY TIPS FOR Eating Smart at Work or School

### **1. Pack food and beverages for the week ahead.**

Spend an hour getting organized on Sunday and save time and money all week long. Wash fruit, bag vegetables, slice cheese and fill water bottles for the week ahead.

### **2. Stock up on nutrition.**

Fill your desk drawers or locker, office fridge and briefcase or backpack with a healthy variety of tasty snacks and quick meals like instant oatmeal, trail mix and microwave-able entrees.

### **3. Pack lunch while you or your parents are cooking dinner.**

Your family can cook once and eat twice by making “planned-overs” at dinner-time. Make an extra serving or two and pack them to-go as you clean up the evening meal.

### **4. Take advantage of convenience.**

Supermarkets feature an amazing array of single-serve healthy options—perfect for desktop, break room or cafeteria dining. Go for cereal in a cup, tuna in a pouch or fruit in pop-top cans.

### **5. Add nutrition to your commute.**

It's easy, it's tasty and it's doesn't have to be messy! Pack a piece of string cheese, a squeezable yogurt, an apple or a bag of grape tomatoes for the car, bus or train.

## 6. Pump up with protein power.

Many office and/or school treats are all sugar and fat. For long-lasting brain and body power, add some protein with nuts, seeds, soynuts, yogurt, lowfat or nonfat milk, jerky and nutrition bars.

## 7. Switch to a fruit dish.

Tempted by the cookie jar or candy dish? Switch to a fresh fruit bowl or a jar filled with different, delicious, dried fruit like mango, pineapple, apricots, plums and raisins.

## 8. Drink to your health.

Staying well-hydrated helps you think more clearly, be less cranky and do less mindless munching. It is also one of the best skin treatments in the world.

## 9. Treat yourself well.

When it's time to eat, give yourself a real break. Stop working, stop rushing and give yourself a few minutes to really savor whatever you are eating.

## 10. Use the K.I.S.S. principle for candy.

**Keep It Small Sweetie!** Skip those expensive, high-calorie, king-size bars. Slowly savor a chocolate kiss or enjoy a "fun-size" version of your favorite candy treat.

Adapted by the NC NET Program from Eat Right Montana Materials

*Providing guidance and support to make the "healthy choice the easy choice!"*

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