



HEALTH & WELLNESS

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BANG Getting the most For You When Shopping for HEALTHY FOODS!

Shopping for healthy foods can be discouraging or hard, but here we have given you the tips, recipes, and shopping list to improve your ability to shop for healthy foods on a budget and get the...**MOST BANG FOR YOUR BUCK!**



⇒ Look: Grocery List on the back!

Garlic Chicken

Ingredients: Yields 4 servings

- 1/4 cup olive oil
- 1/4 cup lemon juice
- 3 cloves garlic, minced
- 1/2 Tbsp dried oregano
- 1/2 tsp salt, Freshly cracked pepper
- 1.5 lbs. boneless skinless chicken breasts



Instructions:

- Add the olive oil, lemon juice, garlic, oregano, salt, and pepper to a large zip top bag.
- Close the bag and shake to combine the ingredients.
- Filet each chicken breast into two thinner pieces. Place the pieces in the bag making sure the chicken pieces are completely covered in marinade.
- Marinate the chicken for 30 minutes up to 8 hours.
- Transfer the chicken from the marinade and pour out the marinade. Heat skillet medium to high temperature so when chicken is added it will be seared. Cook on each side until well browned and cooked through (about 5-7 min each side).
- Transfer chicken from the skillet to a cutting board and let rest for five minutes before slicing and serving.



Tobacco in Arkansas: An Epidemic

Smoking cigarettes remains the leading cause of preventable death and disability in the US.

The Center for Disease Control and Prevention (CDC) Reports 18 of every 100 **adult men** smokes cigarettes and 14 of every 100 **adult women** smokes cigarettes. In 2015, **36.9%** of Arkansas **high school youth**

Need Help?

QuitGuide is a free app that helps you build the skills to become **smokefree**.



For more information go to: <https://www.cdc.gov/tobacco/campaign/tips/index.html>



Shopping List

Produce

- Green Leafy Vegetables: mixed salad greens, spinach, romaine lettuce, kale. For snacking: cucumbers, tomatoes, etc.

For stir frying, roasting, sautéing: broccoli, cauliflower, snap peas, mushrooms.

- Fresh Fruits: look for local and IN-SEASON fruits for the best price. This month: pumpkin, watermelon, melons, apples, cantaloupe.

Poultry, Meat, Fish

- Boneless Chicken Breast: fajitas, stir frying, grilling, etc. Chicken breast on the bone: roasting or slow cooking.
- Turkey Breast : extra lean ground turkey best for turkey burgers, chili, and turkey meatballs
- Fresh Fish: Excellent source of healthy fats.
- Lean Beef: choose sirloin, filet, or tenderloin cuts to reduce unhealthy fats
- Deli Meats: choose low sodium brands.



Beans (Legumes)

- Dried Beans: lentils, chick peas
- Canned Beans: black beans, pinto beans, kidney beans. Split peas: Great for a hearty soup.



Frozen Foods

- Keep frozen foods on hand for a quick, healthy meal.
- Frozen Fruit: Great for smoothies or adding to yogurts.
- Frozen Veggies: Perfect to store for long periods of time when you run out of fresh produce.



Watch out for false tricky sales like below:



Beef Taquitos

Total= \$9.99

Bananas= 0.30 each
Corn=0.59 each
Carrots=1.39 lb. bag
Chicken= 6.37
Bread= \$1.25
Total= \$9.90



Healthy Fats

- Cooking oils such as olive oil, avocado oil, flaxseed oil, safflower oil, etc.
- Avocado (great for guacamole)
- Nuts & Seeds: almonds, walnuts, cashews, pistachios, pine nuts, sunflower seeds, flax seeds, sesame seeds, pumpkin seeds
- Natural Peanut Butter and Other Nut Butters (almond butter, sunflower butter).



Tips for Planning your Healthy Shopping Trip:

1. Ask your local grocery store when they release their sales/coupons
2. Always check your pantry before you shop so you know what you have already
3. Bring your grocery list with you, DON'T buy items not on it
4. Choose frozen fruits and vegetables
5. Don't shop when you are hungry
6. Look for cheaper cuts of meats for slow cooking (crock-pot or insta-pot)