



BE FIT, BE WELL

March 2015



Money-Saving Tips for Eating Healthy on a Budget

“One of the biggest consumer complaints about eating healthy is the cost,” says consumer and money-saving expert Andrea Woroch. “Healthy foods at the grocery store like fresh produce, lean meats, organic foods, Greek yogurt, almond milk and such are more expensive than boxed, frozen and fried foods. “What’s more, fast food from Burger King and Taco Bell are more affordable than say a salad from Whole Foods. However, there are plenty of ways to eat healthy without blowing your money.”



To help you navigate the grocery store aisles like a coupon-cutting champ, she offers the following money-saving tips for healthy eaters on a budget. Woroch says it’s not necessary to buy all organic produce if you’re worried about pesticides. “Some items have built-in protection from external applications and need not be purchased organic,” she says. “Bananas, avocados, pineapple and other members of the ‘Clean 13’ list can be bought in the regular produce section.”

“Frozen fruits and veggies are an economical way to get your nutrients during any season,” Woroch says. “Since produce is flash-frozen at its peak ripeness and nutrient content, there’s no need to worry about lack of flavor or healthfulness.” She says you can save even more by opting for store brands over national brands. “People often associate coupons with unhealthy food, but there are plenty of deals on healthy options,” Woroch says. “Plus, you don’t have to clip coupons from the Sunday circular either.” She recommends looking for coupons using websites like Coupon Sherpa where you can enter your zip code to find savings at nearby grocery stores. “Whole Foods shoppers can subscribe to *The Whole Deal* newsletter or view it online for the latest coupons.”



Woroch says you don’t have to shop exclusively at grocery stores for healthy food. “Stores like World Market offer healthy choices like quinoa, olive oil, and brown rice, which you can purchase for less during sale time or with a coupon. “Plus, you can join their free Explorer loyalty program and earn points every time you shop to score additional discounts.” She says she’s found healthy snacks on sale at stores like Marshalls and Home Goods, so don’t dismiss options that might seem outside of the box.

According to Woroch, buying pre-packaged and pre-cut salads, fruits, and veggies is “unhealthy for your wallet.” “Buy products in whole form for 40 percent savings and take a few minutes to chop at home,” she says.

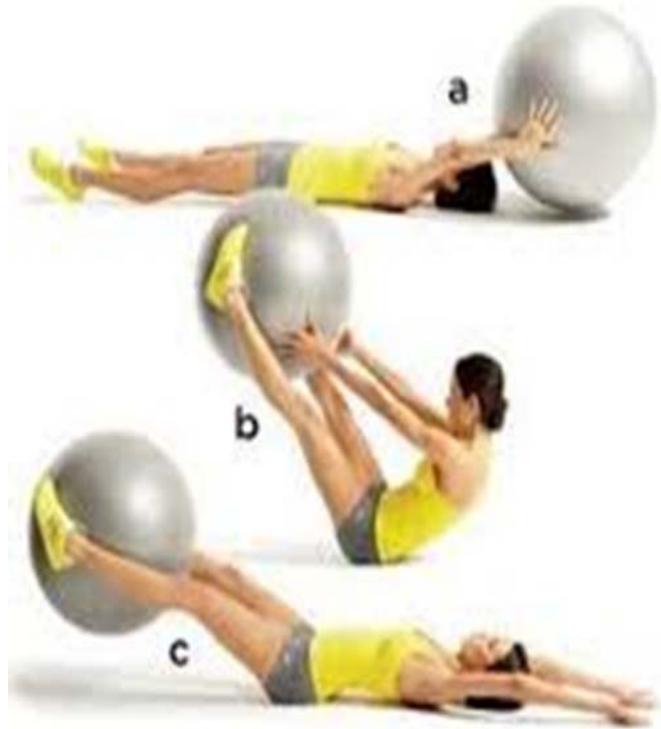
The American Heart Association recommends for adequate intake of protein and omega-3 fatty acids, a healthy diet should include fish at least twice a week, Woroch points out. “This advice comes with a cost, but you don’t have to buy fresh in order to reap the benefits,” she says. “Canned tuna—in water—and

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MOVE OF THE MONTH

Stability Ball V-Pass

Lie face up on the floor, holding a stability ball overhead with both hands, your legs together and extended straight on the floor (a). In one motion, brace your core and lift your arms and legs off the ground, placing the ball between your feet (b). Squeeze the ball with your legs and lower your arms and legs back to the floor (c). Repeat, passing the ball back to your hands. That's one rep. Do eight to 10. This can be done without an exercise ball for beginners.



CONGRATULATIONS TO HAMPTON PARKS & RECREATION AQUATIC DIVISION



The following Aquatics Staff received a letter of commendation from Senator Warner and a certificate of appreciation from the Virginia Lifeguard Association.

Brian Deal: HAC: Water rescue: Summer camp group

Elizabeth Daube: Buckroe Beach: Double victim water rescue

Brenden Romney: Buckroe Beach: Medical emergency on the beach. E.M.S. activated

Mark Kerby: Buckroe Beach: Water rescue

Thomas Brown: Buckroe Beach: Pier jumper: Medical/Water rescue: E.M.S. and H.P.D. activated

Logan Smith: Buckroe Beach: 2 Water rescues: 1 Medical emergency on the beach. E.M.S. activated

Macey Smith: Buckroe Beach: 2 Water rescues

Dale Mancio: Buckroe Beach: 2 Water rescues. Outlook Beach: 1 Water rescue

frozen salmon are reasonable alternatives to what you can find in your butcher's display."

Buying in bulk from club stores like Costco or Sam's Club can help you stretch your healthy eating budget even further, but Woroch recommends that you keep a few things in mind when shopping for wholesale food items. "Be careful that you don't

overdo it
ble items,"
you buy
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can con-
the items
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some food



on perisha-
she says. "If
more than
your family
sume before
go bad you
up throwing
in the trash.

A good rule of thumb when it comes to fresh food, stick with just a couple of ingredients or make sure you can freeze it for later consumption."

Otherwise, she adds, you can find big savings by buying items like canned vegetables, olive oil, canned tuna in water, quinoa, brown rice, frozen veggies, and hummus in bulk. "Warehouse stores are also a great place to pick up kitchen gadgets like the NutriBullet for making healthy smoothies for less."

Woroch says you'll save anywhere from 30 to 60 percent when you buy the generic store brand for staple foods like oatmeal, cereal, canned veggies, and frozen vegetables. "Most brand names cost more because of the pretty packaging but often taste the same," she explains. "Review ingredients side by side to feel confident you're getting the same quality with the off brand."

You don't have to become a full-time vegetarian, but planning a few meatless meals each week can help you save some. "Fill up on veggies, salad, fruit, and whole grains," Woroch says. "Even sweet potatoes are superfoods that will fill you up for much less than chicken. Lean meat is healthy but it's also the most expensive portion of your dinner. Tofu is a great substitute that costs a lot less, too."

Woroch says not only can making your own dressings and marinades help you save money, but it also gives you control over what ingredients they're made with, which means you can eat even healthier. "A healthy salad dressing can be as simple as red wine vinegar with olive oil and your favorite seasoning or lemon, pepper and olive oil," she says.



St. Patty's Day Workout

Do 2 sets of each!

20
pushups
1 min.
wall sit

25 deadlifts
50 jumping
jacks

25 deadlifts
20 squat
jumps

20
squats
1 min.
plank

Hampton 101

Would you like to know more about Hampton and all it has to offer? Spend a day with top city officials and find out what makes Hampton a great place to call home. Hampton 101 will take place March 7 from 8 a.m. - 1 p.m. at the Ruppert Sargent Building. Lunch will be provided. There is also an exciting bus tour around the city that starts at 1:30 p.m. Space is limited and registration ends March 4. Go to www.hampton.gov/hampton101 for more information and to register.



FUN FOR YOU!

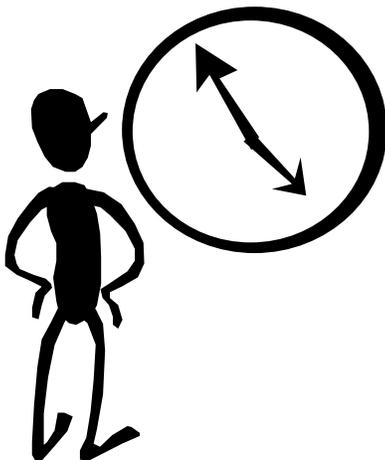
CITY OF HAMPTON PARKS & RECREATION

Administrative Office - 727-6348
Fort Monroe Center - 727-6831
Newtown Center - 728-1710
North Phoebus Center - 727-1160
Northampton Center - 825-4805
Old Hampton Center - 727-1123
Senior Services Center - 727-1601
West Hampton Center - 896-4687
YH Thomas Center—727-1200

www.hampton.gov/parks

Join the fun!

**Don't forget to
"Spring Forward"!
DST begins March 8th**



- * *March 16th - Wellness After Work Series;
"Nutrition Labels, Breaking the Code", WHCC
5:15-6:30p FREE*
- * *March 17th - Spring Tea;, Hampton Senior
Center 12noon-2p FREE*
- * *March 19th - Music and Poetry Open Mic,
Performing Arts Center, 7-9p FREE*
- * *March 20th - 23rd - "Friends of the Hampton
Public Library" Used Book
Sale at the Main Library,
4207 Victoria Blvd.
Call 727-1154 for details.*
- * *March 21st - Teen Hot Spot Open Mic,
Performing Arts Center, 4-6p FREE*
- * *March 28th - Women Connected By Love
Luncheon. Call 766-1510 for details.*

