



Official Newsletter of WIC Worksite Wellness

FINANCIAL PLANNING FOR YOUR FUTURE AND HEALTH

Janeza Bridges & Jenna McMillen

Financial strain can impact your health mentally and physically resulting in negative physical symptoms like headaches, digestive issues, and depression, plus an inability to seek medical care and afford medications. (1) Financial planning, however, can reduce these symptoms and negative effects improving your financial well-being.

Financial planning can help you to:

- **Budget well**
- **Alleviate debts**
- **Make future goals attainable**
- **Boost income and confidence (2)**
- **Save money for the future**
- **Reduce stress, depression, & anxiety (3)**

Steps to achieve financial well-being are different for everyone. It can depend on a variety of factors such as credit score, financial literacy, obligations, household size, and more. (4) You can start improving your finances for your future, and your health, by implementing small changes into your daily life. Try these [25 tips](#) to improve your financial well-being.

MEAL PLANNING ON A BUDGET



Aneth Gonzalez & Caitlin Arakaki

Meal planning can help fit healthy meals into a busy schedule, but it can be pricey if not planned well. To help reduce food costs, follow these tips below:

1. **Make a [shopping list](#)** - to help you determine what foods you need at the grocery store ahead of time and to reduce excess spending. (5)
2. **Buy canned, frozen, or [seasonal produce](#)** - to save money and increase your nutrient intake! (6) For canned and frozen goods, select foods packed in water or 100% juice and with low sodium and added sugars. (7)
3. **Check your grocery store ads** - to buy sale items (8) or use [discount coupons](#).
4. **Reuse leftover ingredients** - to make the same meal again or create new [meals](#). (8)

APPLE PIE OVERNIGHT OATS

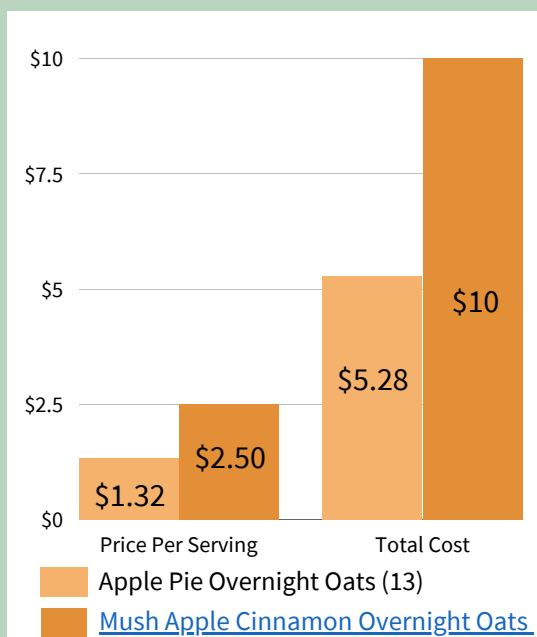
Anna Compagno, Breyanna Collier & Christine Tran, B.S.



Overnight oats are quick, yummy, nutritious, and cheap. Oatmeal is a great low-cost, high-fiber, whole grain source that helps you stay full longer. (9) Apples are not only tasty, but high in polyphenols--an antioxidant--that protects your cells from free radicals linked to heart disease and cancer. (10) Greek yogurt is nutritious and an important protein source for many bodily functions. (11) Overall, this recipe is tasty, nutritious, and budget-friendly.

Total time: 10 minutes **Prep Time:** 10 minutes **Servings:** 4

PRICE COMPARISON



Ingredients (12):

- 2 cups rolled oats
- 2 cups unsweetened soy milk
- 1 cup nonfat Greek yogurt
- 4 tablespoons honey
- 1 teaspoon vanilla extract

Toppings:

- 1 cup apples, diced
- 8 teaspoons honey
- 1 teaspoon cinnamon



Instructions (12):

1. Get four individual reusable containers like mason jars. Then, add 1/2 cup oats, 1/4 cup Greek yogurt, 1/2 cup unsweetened soy milk, 1 tablespoon of honey, and 1/4 teaspoon of vanilla extract to each container.
2. Mix each container with a spoon until evenly combined.
3. Add 1/4 cup diced apples on top of each mixture.
4. Drizzle 2 teaspoons of honey and sprinkle 1/4 teaspoon of cinnamon over the apples in each container.
5. Cover containers with a lid or plastic wrap and secure with a rubber band.
6. Place all jars in the refrigerator for at least 2 hours or overnight.
7. Remove the containers from the fridge, unwrap, and enjoy!

NUTRITION FACTS

Per Container (14)

- Calories: 355
- Total fat: 5 g
- Saturated fat: 1 g
- Cholesterol: 3 mg
- Sodium: 69 mg
- Carbohydrates: 66 g
- Fiber: 7 g
- Sugar: 35 g
- Protein: 16 g

FALLING INTO HEALTHY HABITS

Anna Clancy & Kalia Firmage

Goodbudget



[Goodbudget](#) is a free budgeting app that helps you plan your spending. The app lets you portion out your income monthly into various spending categories, track where that money will be spent, and helps you feel more in control of your finances. A paid subscription to Goodbudget Plus will provide you full access to all the content.

Headspace



[Headspace](#) is a free meditation app centered on mental health. Headspace helps improve your wellbeing through a guided meditation by certified meditation professionals. Headspace is personalized with several meditation categories for you to explore. A paid subscription to Headspace Plus will provide you full access to all the content.



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