



Health and Wellness
on A Budget

#1 - Sleep

- o Free
- o 7 to 9 hours a night
- o 8 to 10 hours for kids and adolescents
- o Turn off the TV, Smartphone, and Tablets
- o Black out your room
- o Create good sleep “hygiene” by making it a routine

#2 - Food

- o Most simple concept you can follow is this:
EAT REAL FOOD – Fresh or Frozen
- o Vegetables, Fruits, Nuts, Seeds, Lean Meats
- o Always look for SALES on real food.
- o Keep meals simple with a “Protein” a “Fat”
and a “Carb.”
- o Cook for later and eat leftovers.

Food Cost – Closer Look



- o Average price of a Snickers Bar (in 2012) \$1.04 per 2.07 oz.
- o *That's \$.50 cents an ounce.*



- o Average price of 1 lb organic broccoli \$2.12
- o *That's \$.13 per ounce*

Food Cost – Closer Look



- o Average price of a 16oz bag of potato chips **\$4.26**
- o *That's \$.27 per ounce*



- o Average price of 1 lb organic carrots **\$1.02**
- o *That's \$.06 per ounce*

Food Cost – Closer Look



- o Average price of 1lb of chocolate chip cookies \$3.49
- o *That's \$.22 per ounce*



- o Average price of a 5 lb bag of organic red potatoes \$4.99
- o *That's \$.06 per ounce*

Food Cost – Closer Look



- o Average price of a Venti Starbucks Caramel Macchiato \$4.65
- o That's \$.23 per ounce



- o Average retail price of grass-fed ground beef \$7.69
- o That's \$.48 per ounce
- o (That's less per ounce than a snickers bar)

Super Markets

- o Martins
- o Weis
- o Food Lion
- o ALDI
- o Save-A-Lot
- o Walmart



Local Markets

- o La Bodega Market
- o N & Locust Food Market
- o Brook Meadow Meats
- o Snooks Poultry and Seafood
- o Dicks Market
- o Penn Avenue Meats
- o J & D Meats
- o Pennsylvania Dutch Market
- o Hoffman's Quality Meats
- o Holsinger's Meat Market



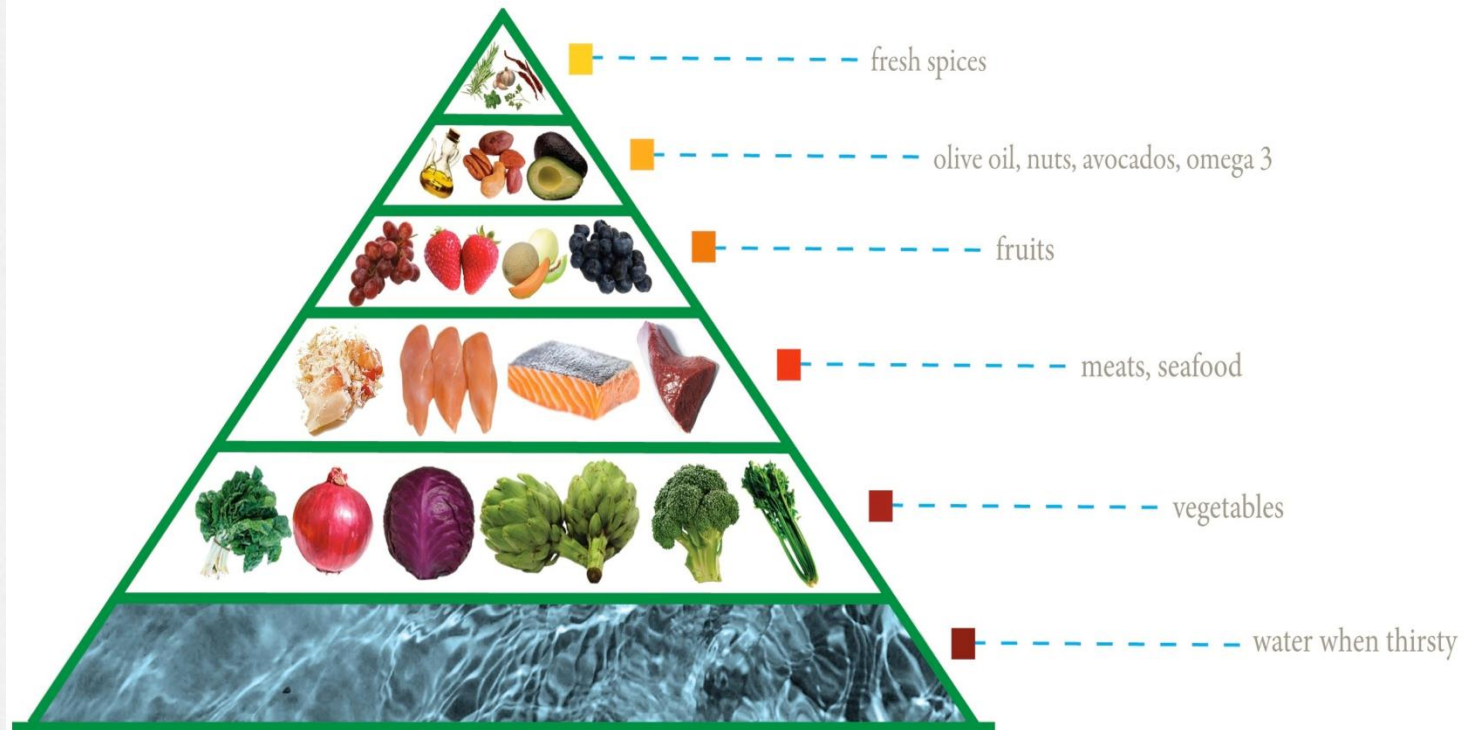
#3 - Water

- o FREE
- o Purchase a filter (investment)
 - o Aquasana
 - o Culligan
 - o PUR
 - o Brita
- o Flavor with lemon, lime, cucumber, or frozen fruits like blueberries.
- o If sweetener – use a real Stevia product.

Food is Medicine



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Questions??

Contact Information

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