Welcome to the May Statewide Wellness Virtual Lunch and Learn

Hosted by: OSHR Worksite Wellness

If you participate in the State Health Plan, you can find a nutritionist close to you by logging into your BCBSNC account or calling BCBS. Dietitian visits are covered at 100% when an in-network provider is used. Visit www.shpnc.org to learn more.

For future wellness lunch and learn events, or recordings of previous events, visit https://oshr.nc.gov/wellness-webinars.

Let’s lunch and learn!
Navigating The Grocery Store: How to Shop Smarter!

Presented by Katie Godin, RD, LDN
Katie Godin, RD, LDN

Lifestyle Medical Centers offers Nutrition Counseling to assist with educating you on how to make positive lifestyle changes alongside continual support and encouragement.

**Services offered:**
- Weight Management
- Women’s Health
- Sports Nutrition
- Chronic Disease Counseling
- Bariatric Support
- Smoking Cessation
- Sleep Assessment and Stress Management
Tip # 1: Plan Ahead and Get Organized!

- Planning Ahead = Healthier Choices + Budget Friendly.
- Shopping List is a MUST.
- Check to see what you have.
- Keep your refrigerator / pantry organized.
- Ongoing list of things you run out of throughout the week.
- Dietitians are GREAT at helping you get organized!
Tip # 2: Budget!

- Avoid Unnecessary Bargains. Think – will I use this?
- Coupons! Keep a small folder handy to put them in.
- Prioritize convenience items and balance convenience with cost. Is it truly worth it?
- And remember Tip #1 – planning is the best way to avoid unnecessary spending!
Tip # 3: Get your family involved

- Support = Success!
- Get kids involved! IF you must bring them! 😊
- Give them a task! Kid friendly grocery lists with pictures (lots of print out options online).
- Have them help push the cart (if old enough!).
- Involvement may = compliance with food variety!
Tip # 4: Do NOT go hungry, rushed, or tired!

- When will you go?
- Schedule it! And stick to it!
- Smaller trips vs. larger trip?
- Consider Online shopping!
Tip # 5: Which store is best?

- Traditional Super Market
- Discount Grocery Store
- Health Food Store
- One Stop Shop
- Bulk
Tip # 6: Be strategic with HOW you shop!

- Perimeter First!
  - Fresh Produce
  - Meat/ Fish / Dairy / Eggs

- Frozen Foods
  - What are healthy items to include?

- Middle Aisles – Save for last!
  - Less ingredients the better.
  - Read labels!
  - Healthy items do exist!
Tip # 7: Read Labels!

- An RD can help you learn to read labels! Look at the ingredients list.

- Limit overall packaged items.

- What to watch out for:
  - Serving
  - Sodium
  - Added Sugars
  - Saturated Fat
  - Fiber
Tip # 8: Beware of unregulated and misleading terms!

- Terms that are unregulated
  - Natural
  - Grass-fed
  - Pasture-Raised

- Terms that are misleading
  - Free Range
  - Cage Free
  - Made with real fruit
  - Made with whole grains
  - Sugar Free

- Regulated terms
  - USDA Organic
Let’s Cook!

Lemon Cheesecake Yogurt Cups

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