

TOPIC OF THE WEEK: HOW TO SHOP HEALTHY

Tip #1 – Do Not Shop Hungry

Avoid going anywhere near a grocery store when you are hungry, tired, or short on time.

Tip #2 – Always Bring a List

Make sure you are prepared when you go to the grocery store by bringing a list of healthy food items, and don't deviate.



Tip #3 – Shop Around the Perimeter

Remember, most items that you will need on a healthy lifestyle will be found around the perimeter of the store, with the exception of a few items.



Tip #4 – Load Up on Vegetables

Most of your cart should be filled with whole and natural foods, including an assortment of vegetables. Keep it interesting by trying new vegetables once

in a while. Buy fruits and vegetables that are in season. By purchasing your produce in season, you'll be saving money and ensuring that your family eats a variety of nutrients.

SPRING ROLLS

This is a great way to use leftover veggies and meat from dinner for a healthy lunch. If you don't have leftover dinner, you can follow the recipe to make the salad from scratch.

INGREDIENTS:

- Rice Paper
- Spinach
- Shredded Carrots
- Bean Sprouts
- Cucumber
- Avocado(optional)

DIRECTIONS:

1. Cut cucumbers and tofu into 2-inch-long strips and set aside.
2. Divide all ingredients into separate bowls, washed, and prepped for easy assembly.
3. Have a large bowl of warm water ready.
4. Place a rice paper in the warm water, rotate it around, or immerse it for about 3 minutes until it looks glassy. It should come out of the water still slightly firm.
5. Place wrapper on rolling surface and begin assembling your ingredients in the wrapper.
6. Roll the ingredients with a tuck and roll technique like a burrito wrap.
7. Roll them tight enough that they will not fall apart and try not to overstuff.
8. Enjoy!