

Tools for Life – Weekly Health & Safety Meeting

Apollo

— MECHANICAL CONTRACTORS —
Building People Who Build Great Things

Home Healthy - Home Safe

Date: March 2022

Nutrition Pt 1 - Healthy Choices for Busy People

Many of us have hectic schedules and don't prioritize time to plan, shop for, prepare, and sit down to eat a proper meal. Our hectic lifestyles lead to rushed meals, eating fast food or overly processed foods, or just forgetting to eat. Poor eating habits lead to poor physical and mental health. We experience increased fatigue, weakened immune systems and less ability to deal with stressors. So, how can we prioritize eating well to improve our wellbeing? Here are some tips:

1. **Shift your mindset** - Eating well is too important to you and your family's health to leave to chance. Make healthy eating a daily priority. Focus on whole foods that come from the perimeter of the grocery store.
2. **Schedule**- Establish a weekly or bi-weekly time to plan and shop for groceries.
3. **Fresh or frozen vegetables** -When grocery shopping, look for fresh veggies and fruits that are pre-cut or partially cooked. Many fresh vegetables can be steamed in 5 minutes and make a great side for any meal. The more color a meal has, the more nutritional value it holds.
4. **Meats**- The butcher case usually has meatloaf, hamburgers, chicken cordon bleu, flank steak rolls and even stuffed pork chops. All the preparation is done for you, just take it home and bake.
5. **Instant Pots**-These tools are incredibly multi-functional. They sauté, bake, roast, slow cook and more. You can start dinner in your instant pot and then run the kids to after school activities. The Instant pot will automatically switch to warming mode when the cooking is done.
6. **Snacks** - Choose whole food snacks like fruits, nuts and vegetables. Apple slices with peanut butter and a healthy snack for you and children alike. On the road? A quick gas station stop with some trail mix and jerky can be a protein packed healthy snack to get you through.
7. **Intention**-Be intentional about food choices. Sit down to eat with the purpose of fueling your body for wellness. Take time to really taste and enjoy the food you eat. Chewing your food thoroughly will aid in digestion. When we eat with intention, we feel more satisfied and fuller.

Please post this "Tools for Life" in a common area to share with your team. Below is a QR link to a video provided by the American Heart Association addressing Nutrition and the relationship we have with it as craftworkers.

