

Tools for Life – Weekly Health & Safety Meeting

The logo for Apollo Mechanical Contractors is contained within a dark blue oval. The word "Apollo" is written in a white, cursive script font. Below it, the words "MECHANICAL CONTRACTORS" are written in a white, sans-serif, all-caps font, flanked by two horizontal white lines. At the bottom of the oval, the tagline "Building People Who Build Great Things" is written in a smaller, white, sans-serif font.

Apollo

— MECHANICAL CONTRACTORS —
Building People Who Build Great Things

Home Healthy - Home Safe

Date: June 2023

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 your 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. Try to go early in the morning or later in the evening to avoid the crowds and reduce waiting time for a cashier.
3. Fresh or frozen vegetables. When grocery shopping, look for fresh veggies and fruits that are pre-cut or partially cooked. Steaming vegetables is super quick! Many fresh vegetables can be steamed in 5 minutes. No fancy cooking tools required. Just put vegetables in a pot, add a ½ inch of water, cover, and bring to a high boil until fork tender. Seasoning can be as simple as good olive oil or grass-fed butter and salt.
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 nut butter are quick and easy.
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.

HEALTHY REMINDER: The best time for a new start is now.

Discussion Points/Quiz Questions:

1. Do you have any tips or recipes that make your meal planning quick and healthy?