



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

START AT HOME

YMCA OF GREATER HARTFORD • GHYMCA.ORG

RESET YOUR PANTRY (cabinets, fridge, and freezer)

Start this year fresh, and let's throw out 2020. Literally. Go through your pantry, cabinets, fridge. Anywhere you store food. Throw away expired products, donate ones you won't use anytime soon. Rearrange foods so that the oldest are first to be used (think FIFO, first in, first out). This will help prevent food (and money) wasted on forgotten foods. Clear your fridge out, clean the shelves, toss old foods. Check the freezer for foods with freezer burn, expired products and those things in the way back that have become one with the frost. Pull foods out of cabinets, check spices, flours, dried rice and beans for pests. Take inventory of what you need, what you tend to buy and never use. Think about what works well in your kitchen and what doesn't.

Arrange your kitchen and food storage to be most convenient for you and your family. Now, let's fill this place with food.



RESET YOUR BUDGET

Given these challenging times, ensuring that our money is well spent and not wasted is more important than ever before, and many of us are working with tighter budgets than ever before. If you don't already budget for your weekly (or monthly) grocery bill, it's a great time to start.

Determining a budget and sticking to it will help you stick to your shopping list, avoiding impulse buys and overspending which often leads to food waste.



RESET HOW YOU SHOP

"I can't wait to go to the grocery store, walk around all the aisles in circles 6 times, wait in a long line to get checked out, or worse, check myself out, lug all these bags to the car, and return this shopping cart"--said no one ever. Ever, ever.

The less time you spend in a store, the better for your health. With the many changes that have happened over the past year, some at least have been extremely useful. Using online shopping apps to order groceries for delivery or pick up is an easy and convenient way to stay within your budget, find exactly the item you are looking for (because it's even more fun when the store has been rearranged...again). No masks, grocery carts to sanitize, no screaming children (usually mine), no unhealthy impulse purchases. Thanks 2020!



RESET YOUR THINKING

Food today needs to be important. Your health needs to be one of the top priorities in your life. Nutrition is a huge component of your health. Plan to eat well, drink water, move your body, and rest your mind. Fill your refrigerator, freezer and pantry with foods that have undergone little processing, that have simple ingredients. Prioritize making

more meals from scratch when possible. Think of how your food occurs in nature, strive to get closer to that state. Shop locally and seasonally when possible. Grow a garden, or an apple tree or an herb on a windowsill. Enjoy and appreciate everything you eat as much as you can. Reestablish a positive relationship with your food and its lifecycle, and its role in yours.



Interested in more information or nutrition programming? Email friends@GHYMCA.org or call your local YMCA of Greater Hartford location.