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Secrets to Healthy Eating on a Budget for All Ages

Divya Cardoso is a registered dietitian, blogger, and mom of twins. In this Connect, she shares some practical solutions and tips you can take to the grocery store whether you are an expectant mom, parent with multiples who are picky eaters, or an empty-nester wondering what meal works well for one or two.

Divya begins the presentation with a review of the five food groups, as defined by the Dietary Guidelines of America. She advises, "Eating health can be as simple as a one pot meal" as long as you pay attention to the food groups. She then goes on to answer the "How do we do it on a budget?"

Divya shares tips eating healthy on a budget in the following areas:

- Planning
 - Start with your pantry
 - Keep the recipe simple
 - Plan meals using what you have in the pantry
 - Create your grocery list
- Smart Shopping
 - Use the grocery list
 - Use the price tag
- Preparing healthy meals
 - Get the whole family involved
 - Multipurpose foods
 - Batch cook and freeze
 - One pot meals
 - Cut extra and freeze
 - Pack leftovers for lunch

The Zoom Connect concluded with a question-and-answer session.

This zoom forum was held October 16, 2024.

Click on the link below to listen in. *(Divya's introduction begins at 45 seconds into the recording.)*

https://us02web.zoom.us/rec/share/i3IK8umcZHT5O0A4lgBlmrNw0qRESpE_7qeSusunaiG45VpHgSdmWompofflhkzp.z7Ef7jn_7F22mCw

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Enjoy!

Email us at info@multiplesofamerica.org with questions or comments.

Look in the Members' Only section to register for an upcoming Zoom Connect.

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CONNECTING + SUPPORTING MULTIPLE BIRTH FAMILIES

(Also known as the National Organization of Mothers of Twins Clubs)