

Health Tip of the Month

Budget Friendly Work Lunches

Option A: I want to go out for lunch without spending a lot of money

Be your own server: Skip the tip at sit down restaurants and opt for self service. Not only does this save money and time, but it allows you to choose from a variety of healthier options like salads, grilled meats, vegetables and fruits.

Share a meal: Do you never finish what you order? Grab a friend and split the check. If you are still hungry, try having something healthy and filling like an apple with peanut butter.

Try a salad station: Many local delis/bodegas offer a set price salad station. Fill your salad with toppings such as sliced vegetables, beans, fresh fruit, eggs and grilled meats.



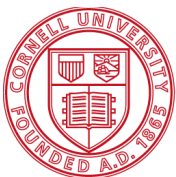
Option B: I want to start saving money by bringing my own lunch

Reuse leftover from last night's dinner: Extra meat? Throw it on a salad. Leftover pasta? Add some vegetable and toss in a light dressing!

Stock up on the basics: Keep a stash of healthy foods (like yogurts, hummus and vegetable sticks) on hand at work. These options are perfect for days when you need a snack or forgot to pack your meal.

Prepare ahead of time: Use your free time to prepare lunches for the entire week. This will save you time when life gets crazy. Here are some ideas:

- Roasted chicken, vegetables and rice
- Falafel pitas with roasted sweet potatoes
- Yogurt, granola and fruit parfaits



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