

## Hello!

Here is your Health Kit for November 2021. Please take a few minutes to distribute all materials via email and share this message. Your dedication to wellness makes a difference.

Thanks for your efforts!

Eating healthy doesn't mean you have to spend more money. This month's Health Kit provides simple, cost-saving ways for you and your family to eat well and stay within your budget.

---

### Poster

Follow these tips to help you eat well without breaking the bank.

[Download Poster](#)

## Brain Game

Find these words associated with healthy eating on a budget.

Download Game

---

## Recipe

This month's recipe is healthy and budget-friendly!

Download Recipe

---

## Podcast

This episode provides four tips to help you choose healthier foods while saving money.

Listen

---

## Short Video

Watch this short video to learn about grocery shopping and budget apps you can use to stay on track.

Watch Video

---

## Additional Information:

[For More Information on Healthy Eating on a Budget](#)

## Coming up...

Tune in next month for information and tips on relaxation.

Well onTarget®