



Maximizing Grocery Store Trips & Managing Intake in a New Environment Webinar



This interactive training will provide research based information on ways to maximize grocery store visits and creative ideas to help organize your weekly meal planning. Additionally, information on how to control food intake in your new environment will be discussed.

In this handout, you will find space to take notes and all the resources that will be discussed in today's webinar.

1. What are your family's go-to recipes? Make a list. Ask your family members to participate.
2. Decide on your weekly (or two week) meal plan. You can use [this fillable template](#).
3. Make a list of what you need. You can use this [fillable grocery list that](#) is organized by item type.
4. What is the best time to go to the store for you to be most successful at sticking to your plan?
5. Why do you eat? What beliefs, values and mindset around eating do you have that may provide reminders to eat healthy?
6. Control your environment by making a workspace as described in the [10 Ways to Maintain Health While Working from Home webinar](#) to prevent distracted eating.
7. What are my anchor activities to help control stress eating?
8. Ask if actually hungry, thirsty or bored and go to my nourishment list of:
9. Sleep can impact hunger due to the impact on the hormones of: _____ (stimulates appetite) and _____ (suppresses appetite).
10. Food prep, control portions and use portion sizes to my advantage by:
11. Eat balanced meals at regular times.
12. Track intake using apps such as [Start Simple with MyPlate](#)

Key Takeaways & Notes:

The next webinar [Smashing Stigma and Supporting Mental Health Before, During, and After Crisis Webinar](#) is on Thursday, May 7, 2020 at [10am to 11am](#) or [12pm to 1pm CST](#)
For questions or additional assistance, email physicalfitness@dps.texas.gov