

**WellNYS Everyday** is a wellness initiative dedicated to educating, engaging, and empowering New York State employees to choose to eat foods that are healthy for them and to be physically active.

This program encourages employees to:

- Sign-up to receive the **WellNYS Daily To-Do** by email every day.
- Find out where to be physically active in New York State.
- Celebrate your wellness success with “I Did It!”.
- Engage in healthy behaviors while in your workplace.
- Find a NYS Walking workplaces map.
- Learn about Physical Activities in your region.
- Listen to a new wellness webinar every month.
- Become a WellNYS Ambassador for your agency/facility/SUNY.
- 2024 programs include: Count Your Physical Activity Minutes Challenge and the Olympic Experience.



**Office of  
Employee Relations**  
Work-Life Services

# March 2024

Shop and make your meals instead of dining and take out.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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3	4	5	6	7	8	9
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For more information go to: [oer.ny.gov/wellnys-everyday](https://oer.ny.gov/wellnys-everyday)

WellNYS Everyday is sponsored by NYS Work-Life Services.



# March

## WellNYS Everyday

Shop and make your meals instead of dining and take out.  
Once you've completed the To-Do, check the box!



Office of  
Employee Relations  
Work-Life Services

1. The WellNYS Monthly Challenge for March is to shop and make your meals instead of dining out and getting take out. There will be two wellness webinars in March. Weekly Meal Plan Made Easy will be on March 6 at 12:00PM. To register go to <https://meetny.webex.com/weblink/register/ra8d12c18c309c2773c3fc82895836cfa> and Smart, Fearless Shopper will be on March 20 at 12:00PM. To register go to <https://meetny.webex.com/weblink/register/reec163abb1a34320ea44cb9b765557b8>.
2. Here are three benefits if you make your meals. 1. You will save money (it could be a lot). 2. When you make your meals, you know what ingredients are going into your food. 3. You may eat healthier. Start today by committing to making your meals for one week.
3. Before you go grocery shopping, plan all your meals. Check your pantry, fridge, and freezer to see what you already have, then make a list of items you need to purchase. Check your list twice, then head to your favorite grocery store.
4. In February, how much did you spend on groceries and at restaurants and on take out? Make it a goal to spend less at restaurants and on take out.
5. Do you frequently buy coffee on your way to work? Today and for the rest of the week, make your coffee and put it in a to-go container.
6. Join the wellness webinar Weekly Meal Planning Made Easy at 12:00 noon. To register, go to <https://meetny.webex.com/weblink/register/ra8d12c18c309c2773c3fc82895836cfa>.
7. Today is National Cereal Day. What is your favorite cereal? Did you purchase it at the grocery store last week, or is it on your list for this week?
8. Is it pizza night at your home? Pizza is easy to make at home. Use dough or ready-made pizza crust, add pizza sauce, cheese, and your favorite toppings on this week's grocery list.
9. Test your nutrition IQ – this brief and fun quiz will get you thinking about ways to eat healthy. Take the quiz at <https://kahoot.it/challenge/001986457>.
10. Today is National Pack Your Lunch Day. What are your three favorite lunches to take to work? Buy the ingredients at the grocery store today. Make your lunch the night before so it's all ready to go.
11. Buying lunch can cost \$10 to \$15 including a beverage. Instead of buying it, make and bring your lunch. You'll be happy when the money is still in your wallet or in your bank account.
12. If you are a parent, you may spend weeknights traveling to different activities for your children. It may be a habit to stop for fast food to save time. Think ahead and plan a meal to make and take with you.
13. Pumping gas and need a snack? Instead of going into the store, keep snacks in a bag in your car so it's always there when you need it. Nuts, granola bars, whole grain crackers, and protein shakes may be healthy choices.
14. Today is March 14, and it's Pi Day! Pi in mathematics is the ratio of a circle's circumference to its diameter which is 3.14159. Celebrate by making your favorite fruit pie, such as blueberry, apple, or cherry.
15. Going out to dinner for a family of four can be expensive. Four burgers, two servings of french fries, two servings of onion rings, and four sodas could cost upward of \$75 for the bill and \$15 for tip totaling \$90. If you purchased the ingredients for the same dinner, the cost would be approximately: hamburger meat - \$15, rolls - \$4, potatoes - \$3, onions - \$2, soda - \$4. The same dinner would cost at about \$28.
16. Are you in mood for chili? Use your favorite recipe, but instead of ground beef, use ground turkey. Place the cooked chili in small containers, and then refrigerate. Now, you are all set for lunch or a quick dinner.
17. Is it corned beef and cabbage for lunch or dinner today? To make it from scratch, search for a crockpot recipe online. It's an easy meal to make in advance and less expensive than going to a restaurant.
18. How much money did you spend eating at restaurants or on take out this weekend? If you made all your meals, you may have saved a significant amount of money.
19. It's National Poultry Day. Chicken is interchangeable for many meals. Place four chicken breasts in a crockpot with chicken broth and seasoning. Turn on low for eight hours then shred it. Shredded chicken is great in tacos, fajitas, or chicken salad sandwiches.
20. Join us for the wellness webinar Smart Fearless Shopper at 12:00PM. To register, go to <https://meetny.webex.com/weblink/register/reec163abb1a34320ea44cb9b765557b8>.
21. It's National Countdown Day. 3 -> 2 -> 1. Countdown the minutes until you eat breakfast, snacks, lunch, or dinner or countdown to your vacation, retirement, or birthday.
22. Here is a quick and healthy breakfast to freeze. Scramble a dozen eggs. Place a variety of vegetables in muffin tins, add the eggs and cheese. Bake for 20 minutes at 350°F. Place egg muffins in freezer bags for a quick healthy breakfast. Warm up in the microwave for one minute.
23. Where is your local Farmer's Market? Do you shop there for your fruits and vegetables? Find your nearest Farmer's Market, go to <https://agriculture.ny.gov/farmersmarkets>.
24. Turkey is not just for Thanksgiving. It's a delicious meal to make on weekends then you will have leftovers for workdays. You can make turkey soup, turkey chili, turkey and vegetables, or turkey pot pie.
25. Ask a friend what their favorite meal is to make. Ask them for the recipe. Make their recipe and invite them to dinner.
26. It's Taco Tuesday. Create a balanced, affordable, healthy meal with a corn tortilla, black beans, Pico de Gallo, avocado, low-fat sour cream, whole grain rice, and mangoes.
27. Spend time researching healthy recipes online or in a recipe book. Choose one or two meals that look good, then put the ingredients on your grocery list.
28. If you spend \$12 for a salad for lunch three days per week for one month, you'll spend \$144. If you make the salad, it may cost \$12 for all three days and for one month \$48.
29. It's Friday. Instead of going out to dinner with friends where you pay for food and drinks, suggest an alternative way to get together. Check out a park, go to free events, take a walk, volunteer, or take a hike.
30. Think back to your favorite meal when you were a child. Turn back time and make it for dinner tonight. Share a childhood story with your dining companion.
31. Today is the last day of March. Did you make more meals instead of eating out? If so, you may have saved a lot of money, and eaten healthier meals. Will you continue to do this and try it again in April?

### NUMBER OF DAYS COMPLETED