



FEBRUARY 2014

SLASH YOUR FOOD COSTS WHILE STAYING HEALTHY

Living a healthy lifestyle involves many choices, including a healthy eating plan that focuses on fruits, vegetables, whole grains and fat-free and low-fat dairy.

While many people think it costs more to eat healthy, that's not always the case. If you plan ahead, you can slash your grocery bill and still bring home healthy foods for your family. One idea is to read your grocer's circular and plan your weekly meals around sale items and seasonal produce. You can also use coupons to save money. All it takes is a little time and know-how to take advantage of great deals that are healthy for you and your budget.

Couponing Strategies That Aren't Too Extreme

1. Stacking Coupons

There are two basic types of coupons: Manufacturer's coupons and store coupons. If you find a manufacturer's coupon for a box of oatmeal and a store coupon for the same brand, oftentimes (check your store policy) you can "stack" or combine the coupons for added savings. This means that a \$3 box

of oatmeal with a \$1 off manufacturer's coupon and a \$1 off store coupon will only cost you \$1 at checkout.

2. Taking Advantage of Sales and Promotions

To get the most out of your coupons, try saving them for when products go on sale. Let's say the store has our box of oatmeal on sale for \$2.50. If you have a manufacturer's coupon for \$1 off, you pay only \$1.50. Even better, add your \$1 off store coupon and that \$3 box of oatmeal now only costs \$0.50.

3. Making BOGO (Buy One Get One Free) Deals Count

BOGO is where the savings can really pay off. Our oatmeal on BOGO gives you two boxes of oatmeal for \$3. If you use the \$1 manufacturer's coupon, you get two boxes for \$2. With two \$1 manufacturer's coupons (one for each box), your cost at checkout is only \$1 for two boxes of oatmeal. A great deal for sure, but you can sometimes top that. Depending on the price of the item and the amount of your coupons, it's possible to score BOGO items for free.

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4. Start Clipping Today

If you're convinced that couponing can save you money, now it's time to find them. You can try:

- the Sunday newspaper (ask your friends/neighbors for their copy if you don't get one).
- manufacturer and grocery store websites (go straight to the source for items you regularly purchase).
- smart phone applications (download and organize your coupons electronically).
- in-store circulars (find them at the front entrance of most grocery stores).

Finally, some large retailers have systems that print coupons at the end of your receipt based on the items you purchased, so don't throw away your receipt without looking at it first.

We'd love to hear from you! If you want more tips on making healthy lifestyle choices, contact a nurse educator at Florida Blue's Next Step Program through NextSteps@FloridaBlue.com

Source: *Dietary Guidelines for Americans, 2010*

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february

IS HEART HEALTH MONTH



SIMPLE SUBSTITUTIONS THAT MAKE A HEALTHY HEART

February is Heart Health Month and is a great time to start making some simple changes for a healthier heart. When you're cooking (and snacking), try a few of these substitutions recommended by the American Heart Association. It's easy to do, and you may not even notice the change (but your heart will).

When a recipe calls for . . . Use this instead . . .

whole milk (1 cup)	1 cup fat-free (or low-fat) milk plus 1 tablespoon of liquid vegetable oil
heavy cream (1 cup)	1 cup evaporated skim milk; or ½ cup low-fat yogurt plus ½ cup plain, low-fat, unsalted cottage cheese
sour cream (1 cup)	1 cup fat-free sour cream; or ½ cup plain, low-fat, unsalted cottage cheese plus ½ cup low-fat (or fat-free) yogurt
cream cheese (1 cup)	4 tablespoons soft margarine* plus 1 cup unsalted, low-fat cottage cheese (add a small amount of fat-free milk if needed)
butter (1 tablespoon)	1 tablespoon soft margarine;* or 3/4 tablespoon liquid vegetable oil
egg (1)	2 egg whites; or ¼ cup cholesterol-free egg substitute
baking chocolate, unsweetened (1 ounce)	3 tablespoons unsweetened cocoa (or carob) powder plus 1 tablespoon vegetable oil or soft margarine* (NOTE: reduce the sugar in the recipe by 25% if using carob powder)

*Margarine that is low in saturated fat and has 0 grams trans fat.



ask THE HEALTH COACH



Q My skin is so dry during the winter season. What can I do to soothe my itchy, dry skin?

A Winter is hard on skin, especially the face and hands because they are most exposed to the cold air.

Start by choosing a moisturizer specifically made for dry skin and apply it within three minutes of showering so it absorbs better. You can also use a heavier cream and cotton gloves while you sleep to soften rough, dry hands overnight. Finally, make sure you use moisturizing cleansers. Some bar and liquid soaps can strip your skin of its natural oils, making it dry and itchy from the start.

References: WebMD.com

fresh AND HEALTHY RECIPE OF THE MONTH



ROASTED BROCCOLI WITH GARLIC AND RED PEPPER

Ingredients

8 cups broccoli florets (about 1 ¼ lbs)
3 ½ tablespoons olive oil, divided
2 cloves garlic, minced
1 large pinch dried crushed red pepper
salt and pepper to taste

Directions

Preheat oven to 450°. Toss broccoli and 3 tablespoons of olive oil in large bowl to coat. Sprinkle with salt and pepper. Transfer to a rimmed baking sheet and roast for 15 minutes.

In a small bowl, stir remaining olive oil with the garlic and red pepper. Drizzle garlic mixture over broccoli and toss to coat. Roast until broccoli begins to brown, about 8 minutes longer. Serve immediately.

Makes: 6 servings

Nutrition Information (per serving): 103 calories; 6.6 g carbs; 2.5 g fiber; 0 mg cholesterol; 2.5 g fat; 1.1 g saturated fat; 32 mg sodium; 2.7 g protein.

Recipe courtesy WebMD.com



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