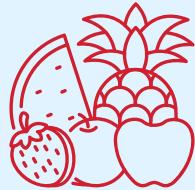


Budget-Friendly Grocery Swaps

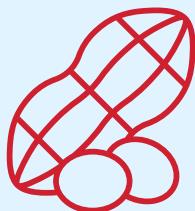
Few, simple, budget-friendly food swaps that can boost energy and support calmer moods



Swap sugary drinks for **water or zero-calorie beverages** to help reduce mood swings and energy crashes.



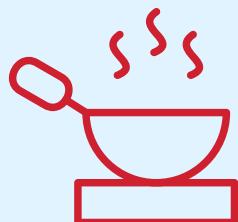
Use **frozen fruits and vegetables** instead of fresh ones. They cost less and still offer the same nutrients!



Try **plant-based proteins** like peanut butter, nuts, cheese sticks, or beans instead of meat. They are more affordable and help kids stay full and focused.



Buy **one big plain yogurt** instead of multiple flavored packs and let kids add berries or granola for more flavor!



Batch-cook meals when possible so leftovers are ready during busy evenings, helping prevent hunger-related irritability.

Telehealth ROCKS

