

Hero Mom Success Card #2



**“I saved \$80
a month by
eating out
less often.”**

Nelly C.

Working mom
One child, age 3

Stock Up

Stock up on easy-to-fix fruits and vegetables; low-sodium canned soups; frozen lean meat, poultry or fish; enriched pasta; brown rice; whole grain bread; lowfat yogurt and cheese. You will not be tempted to eat out if you have ingredients for an easy meal at home.

Working Lunch

Take leftovers to work instead of eating out.

Stay-at-Home Meal

In the time it takes to go out to eat, you can fix a healthy meal at home.

**Mail the enclosed
reply card to get FREE
'mom-tested' tips and
recipes!**

www.cachampionsforchange.net

