

EAT HEALTHY ON A BUDGET



Tune in to the Blue Cross and Blue Shield of Texas (BCBSTX) worksite wellness podcast! Join us for a short episode about healthy eating on a budget. We'll discuss:

- planning a weekly menu to help avoid eating out
- creating a shopping list to stretch your dollar
- best practices when grocery shopping



Listen to the podcast at your convenience!

Click on the link below:

[BCBSTX Healthy Eating on a Budget Podcast](#)

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