

# Pledge for Life! Session 9

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Take the pledge for life with Lola Idad. Try to do one of these activities by yourself and/or share with others.

- Use a slow cooker (Crock-Pot<sup>®</sup>) for quick and easy cooking.
- Cook several dishes at one time, and freeze part of them.
- Order smaller portion sizes instead of larger portion sizes.
- Choose heart healthy foods and smaller portion sizes if you choose to eat at a buffet.
- Choose prepared foods at the grocery store less often.
- If the serving size is too big at the restaurant, bring home leftovers.
- Choose baked, steamed, broiled, or grilled dishes instead of fried.
- Order less meat and more vegetable dishes.
- Try not to shop at convenience stores.
- Go to the market when you are **not** hungry.
- Plan weekly meals, and shop with a list.
- Try a store-brand product to save money.
- Other \_\_\_\_\_