

The logo for 'VIRTUAL GROCERY STORE' is centered on the page. 'VIRTUAL' is written in a large, bold, green sans-serif font. Below it, 'GROCERY STORE' is written in a smaller, green sans-serif font, with the letter 'O' in 'STORE' replaced by a solid orange circle. The background of the entire page is a blurred image of a grocery store's produce section, showing various fruits like apples, oranges, and lemons in baskets on shelves.

VIRTUAL GROCERY STORE

Welcome to the New Virtual Experience!

SouthernLifeStyle Rewards

Learn Easy Ways for Eating Healthy While Saving Money!

The Virtual Grocery Store interactive format allows the user to experience and learn about healthy shopping and grocery store navigation.


Employees and spouses can complete the course and earn \$25 HRA/HSA/FSA.



To complete the Virtual Grocery Store, log in via mySource or www.socorewards.com.

Access the Virtual Grocery Store through the tile on the homepage or by clicking on the “Knowledge” menu tab.

Home Activity Reporting - Well Check **Knowledge** - Happiness Plan/TFM - Why Wall



Virtual Grocery Store

100% Course Completion

0% Test Result

View Course Description


Open Course

Take Survey

VIRTUAL GROCERY STORE

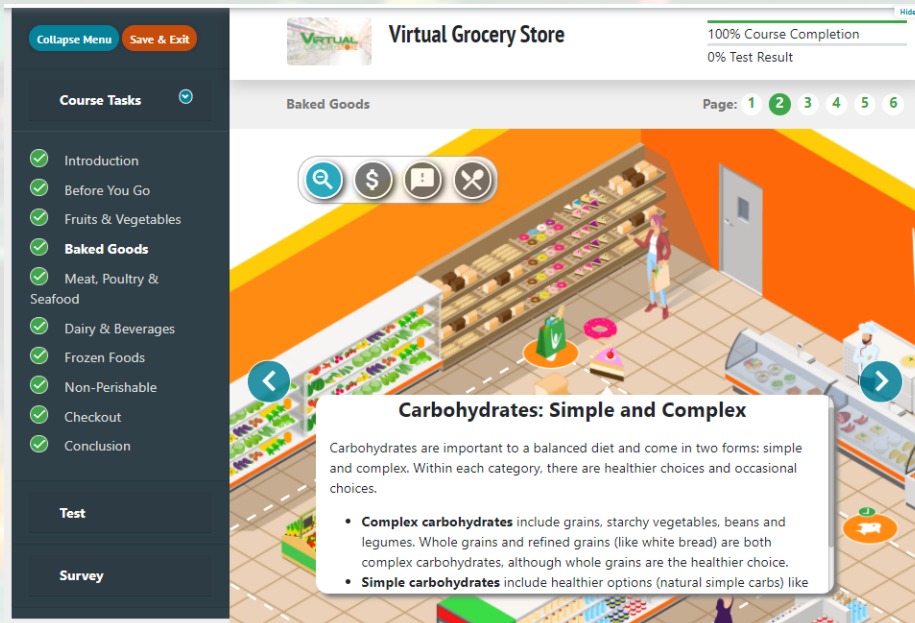
VIRTUAL GROCERY STORE

Experience our *new virtual* grocery store while learning how to eat healthy, save money and use handy shopping tips. Earn \$25 for completion!



\$25 earned

Completed ✓

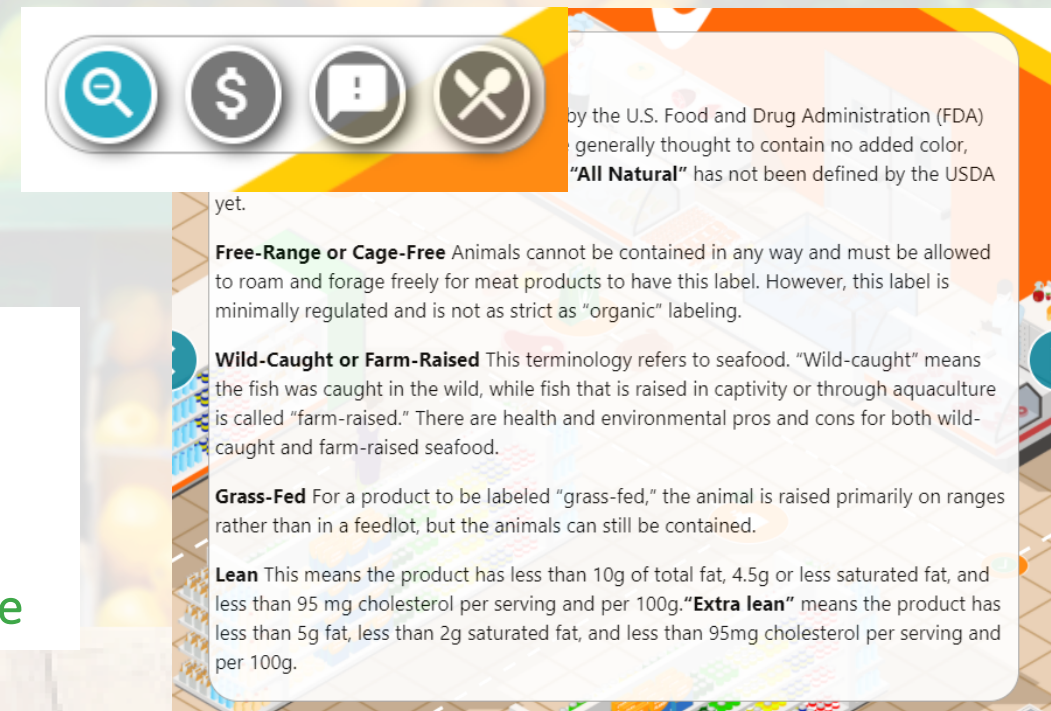


Navigate through the course to learn tips and quick and practical methods for eating well.

To advance from one section to the next, select each item along the path to view further information.

As you tour the store, you will encounter unique and healthy recipes, budget tips, and even helpful glossary terms.

These items are all found in the icons bar at the top of the screen as you begin each section.



Portioning Your Protein

How Much Protein Should I Get in My Diet?

You can calculate your personal protein needs with a little bit of math. Each day, you need roughly 0.36 grams of protein for every pound you weigh. The average adult woman needs roughly 46 grams of protein each day; the average adult man should aim to consume 56 grams of protein each day. This amount will change based on your activity level. Consult your health care provider to determine a target range for your healthy lifestyle.

A healthy and balanced diet incorporates lean sources of protein, such as:

- seafood
- white-meat poultry (chicken breast, turkey breast)
- low-fat dairy (milk, cheese and yogurt)
- eggs
- beans
- pork tenderloin
- nuts

Protein is only part of a healthy balanced diet as it supports other sources of nutrition, such as healthy fat; so it should only take up about a quarter of your plate. Most experts recommend eating some protein with each meal to distribute your daily intake evenly, rather than eating all your protein at once.

Examples of Protein Portions:

- A half-cup of cottage cheese has about 10 grams of protein.
- One 8-ounce container of yogurt has 11 grams of protein.
- One cup of dry beans has 16 grams of protein.
- A 3-ounce piece of meat has roughly 21 grams of protein. (An 8-ounce piece of meat might have more than 50 grams of protein.)



Shopping for Meat

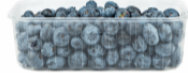
If you eat meat, it is recommended that we eat less than 6 ounces of cooked meat per day. To support heart health, we should also limit our red meat intake to once a week or less.



Picking Fresh Produce

How to Select Fresh Fruits

- When picking fresh berries, such as blueberries, strawberries and blackberries, look for berries that are plump and rich in color. You'll also want to avoid selecting containers of berries that are damp or stained, as this could be a sign of overripe fruit. After purchasing, remove any moldy berries to prevent mold spreading to other berries in the container.
- Look for smooth and fruits with a firm surface, but not too firm. If citrus fruits or melons are too firm, it could mean they are dry on the inside.
- Heaviness usually means the fruit is juicier.
- Smaller fruits are generally sweeter and more flavorful.
- A light and sweet smell indicates a fruit is fresh and ripe.
- A strong or bitter/vinegar aroma means the fruit is overripe.
- Tree-ripened fruit should have even coloration across the surface.
- When choosing bananas, look for all-yellow options because this means the banana is ripe. Bananas with green near the top are not yet ripe. Bananas with brown spots are overripe. To ripen bananas (if they have more green on the peel), set the bananas in a bowl in the sun. Mash overripe bananas and use them in your baking.



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Tips for Healthy Grocery Shopping on a Budget

Buy fresh produce when it's in season and freeze it. Seasonal produce has more nutrients and flavor and is generally less expensive. When you catch a deal, consider buying extra. Freezing fresh produce when it's at its peak nutrition is a great way to eat healthy all year.

Join the loyalty program at your local store. This might be the fastest way to save on groceries. Most stores have a savings card option that is free to join.

Save coupons and plan meals around sales. Get in the habit of checking the weekly deals before shopping and see if you can plan your meals based on those ingredients.

Try less-expensive cuts of meat. Bone-in or skin-on cuts of meat tend to be cheaper and other cuts of meat like chuck roast can be tenderized in your slow cooker. You can also buy larger portions of meat (especially if it's on sale) and freeze it for later use.

Use more whole grains and beans. Foods like brown rice, lentils and dry beans are inexpensive and healthy staples to have on hand and they really help to bulk up a meal so you don't have to include so much meat.

Plan and make meals ahead of time.

Try new recipes from different cuisine styles that use less-expensive foods, such as rice. Two cuisines that have a great flavor-to-value ratio are Mexican and Indian cuisines. Each of these cuisines use similar ingredients in multiple dishes – which can help you avoid food waste and save you cash.

Know what's in your pantry and freezer. This is a good way to avoid buying duplicates. Make a point to use what's in your pantry and freezer.

Organize your fridge and cupboards. Label your leftovers with dates and names to prevent food waste. When you pack up leftovers, try portioning the food to amounts you will use.

Eat leftovers. Make a point to eat those leftovers. If you know you won't eat them right away, toss the leftovers in your freezer for another time.

Find foods at ethnic markets. Shopping at ethnic markets, such as an Asian market, can help you find less-expensive items and unique ingredients, too.

Shop once a week. The less you shop, the more you save – in money, gas and time!

Use substitutes. Take a peek at your most recent grocery receipt. Circle your top expensive items and see if you can swap out these items with healthier and cheaper options on your next shopping trip.

Compare prices on the items you buy often. If you know you buy something every week, do a little digging to see what sellers offer the best prices.

Get to know the true price for products you buy often. This will help you recognize if sale prices are actually a deal.

Get a raincheck from the store for out-of-stock sale items.

Do your own slicing and dicing. Avoid pre-cut or prepared for convenience foods when possible.

Buy milk at a drugstore or convenience store. Milk sometimes costs 30 to 50 cents less when purchased at drugstores or convenience stores.

Skip the deli and buy frozen seafood. Rather than buying sliced deli meat, find larger chunks of meat and have the deli slice it for you. When it comes to seafood, some fish on display will have a sign that says "previously frozen." This is the same thing as finding frozen fish but can cost more. Save yourself the money and buy seafood in the frozen section instead.

Grow and freeze your own herbs.

Photograph and submit your receipt with apps like SavingStar and Checkout51. You can earn cash back on groceries when using apps like SavingStar or Checkout51. Take a photo of your receipt and submit it to earn money back on items that are on sale.

Shop alone. Shopping in groups encourages people to spend more.

Use the self-checkout. This can help reduce impulse buys.

Bargain at your farmer's market at the end of the day. Some prices may be negotiable – especially at the end of the day.



Don't forget to review the resources available to you, such as tips on how to read nutritional labels, budget tips and much more!

You can download and print the resources from the checkout section, towards the end of the course.

Virtual Grocery Store Overview

- 15–20-minute virtual course.
- Will be available throughout the year, beginning in March.
- Available to all employees and spouses.
- Printable resources available at the end of the course.
- Complete the course and earn \$25 HRA/HSA/FSA.