



Wear Red Day is coming! Have you reserved your American Heart Association T-Shirt yet?

When you donate to the American Heart Association, you're joining the fight against our nation's No. 1 and No. 5 killers — heart disease and stroke. Your donation helps fund lifesaving research, advocate for better health, improve patient care and reach at-risk populations.



DONATING IS EASY!

1. From your phone, simply text **DHCFORTWORTH** to **41444** or
2. [CLICK HERE](#) to order online.



Spending season is here, so we've got tips to help you avoid waste and save money!

you money and improve your health, too!

It's not true that eating healthy foods will cost more; cooking at home will save you dollars from the start. Plus, you're in control of the portion sizes. Here are a few suggestions to save

- **Shop smart.** Plan your meals for the week before you go shopping, but be prepared to be flexible—you might encounter an unexpected sale item. Buy more fruits and vegetables, and less meat. Instead of meat, use beans in some recipes, like burritos, tacos, soups and pasta dishes. [Compare labels](#) to pick the healthiest options when you shop.
- **Fresh** and [fruits and vegetables](#) are cheapest when they're in season. Frozen fruits and vegetables without added sauces are affordable and great to have on hand when you're low on funds or don't feel like heading to the store.
- **Go whole.** Even if that loaf of [whole-grain](#) bread costs more than that log of spongy white stuff, you're getting more nutritional bang for your buck. The whole-grain bread has more vitamins and more fiber, which satisfies your hunger longer. The same is true of whole-grain pastas and crackers, and brown rice instead of white. Do make your own rice, because it's usually healthier than the mixes.
- **Serve and store.** After everyone has taken their desired portion of the great dinner you made, immediately put the [leftovers in containers and store them](#) in the fridge or freezer. They could add up to another dinner. That leftover chili would taste great tomorrow over baked potatoes, for example. Leftovers also equal instant lunches!



'Tis the seasonings!

A Dash, a Pinch or a Smidgen? Herbs and spices are at the **heart** of the world's best cuisines.

➔ [Click here to learn how to make the most of them.](#)

Healthy Living Recipes

Chicken Noodle Soup



Batternat Squash Soup



Blackberry Cobbler



Just right click on the photos to get the receipes!