GOOD-FOR-YOU COOKING
Eat Well and Save

COOK ONCE. EAT TWICE.
Plan dishes that do double duty and turn leftovers into a second delicious meal.

STOCK YOUR PANTRY.
Buy staple items in bulk and on sale and be ready to cook new dishes and family favourites.

CUT YOUR PROTEIN COSTS.
Try cheaper cuts of meat and non-meat proteins for tasty, cost-effective dishes.

LEARN TO DIY.
Making and growing at least some of your own food is healthier and saves you money.

USE YOUR FREEZER.
Freeze produce that's past its prime and stock up on favourites on sale.

WORKPLACE WELLNESS MEMBERSHIP

GTel

EMPLOYEE WELLNESS SOLUTIONS NETWORK