

LUNCH IN A CRUNCH

Aside from hitting up the demo tables, anyone working at a warehouse knows that the fastest and most affordable way to get lunch is at the food court. We also know that eating a Costco-sized pizza or hot dog every day might not be the healthiest or most varied meal choice.

Here are some ways to break the routine, stay healthy, and save money and time:



Split food court meals with a co-worker. Portion control can make a big difference between an okay meal and a healthy one.



Explore the warehouse deli case. There are salads and sandwiches available at most locations. Consider sharing these with a co-worker, or saving half of your purchase for the next day.



Brown-bag it. Plan ahead and pack your lunches for healthy and varied meal choices.



Bring a light salad dressing from home. It's a good way to add more variety to the food court or deli options. Use dressing sparingly.



Keep granola bars or energy bars in your locker. While these aren't necessarily a meal replacement, they are often healthier than some of the vending machine options.



Vote with your vending machine purchases. Buying healthy snacks from the vending machines encourage vendors to restock healthy items. Also, tell your location's HWC that you'd like to see more fit foods.



Buy food on your 15-minute break or before your shift. You'll have time to relax and eat during your lunch break.



Drink more water. Being dehydrated can make you feel hungrier.