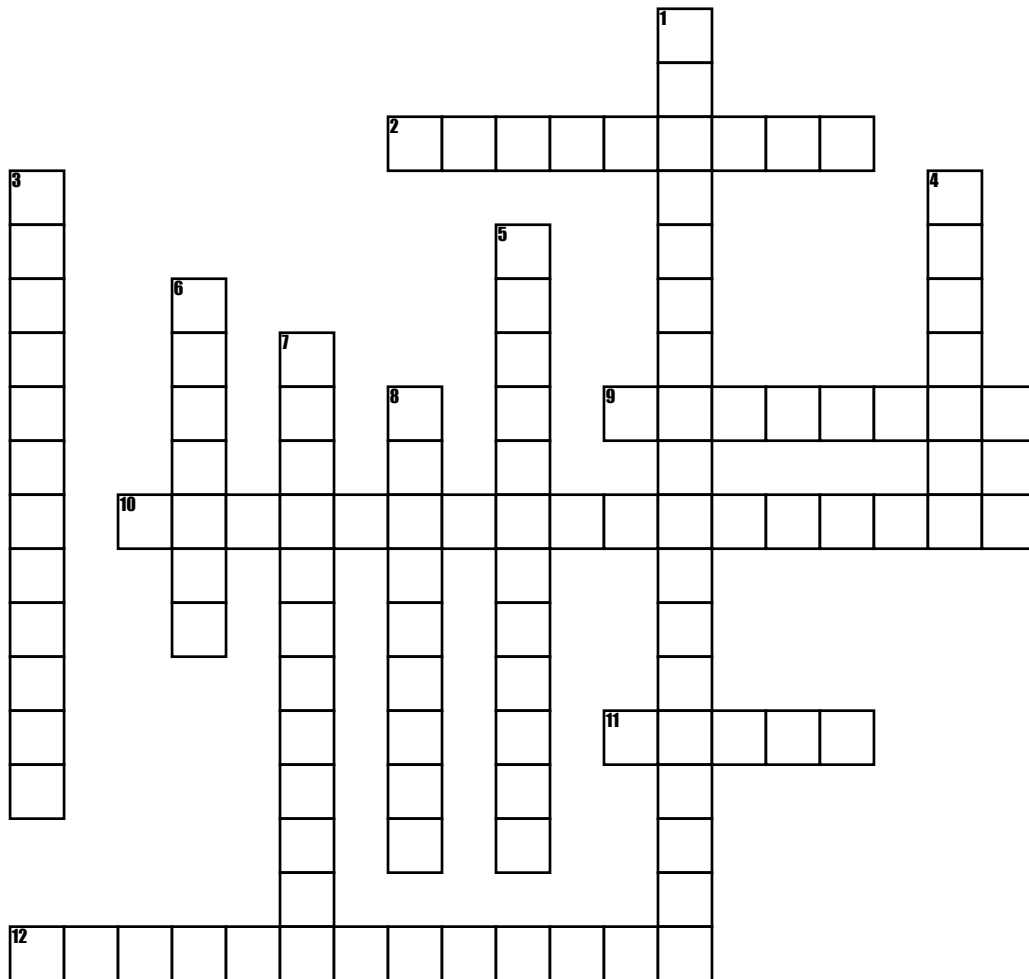


Healthy Living On A Budget



Across

- 2.** What can be used to help you save money?
9. What type of foods should be avoided at all costs?
10. How does one achieve their fitness goals?
11. What is something that is hard to budget at times?

- 12.** What is one way for someone to reach their fitness goals?

Down

- 1.** How does one live happy and healthy?
3. what does one use to organize themselves for grocery shopping?
4. What is a popular whole grain snack?

- 5.** What can be used to make delicious snacks and smoothies?

- 6.** What can be used to receive discounts on certain food purchases?

- 7.** What is a way to help you save time and money?

- 8.** Where can coupons be found?

Word Bank

Money

Junkfood

Frozen fruits

Eating nutritiously

Meal Prepping

Eating Healthy

Popcorn

Shopping list

following a routine

Newspaper

Coupons

Budgeting