

BE YOUR OWN CHEF

BENEFITS OF A HOMECOOKED MEAL

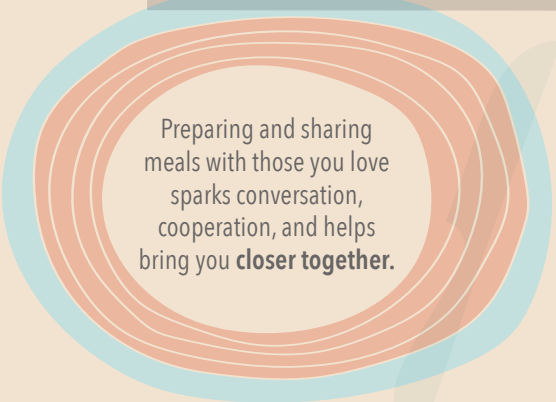


INGREDIENTS


- 1 SKILLET
- 1/2 CUP OF FLAVOR
- 1 CUP OF FUN
- A WHOLE LOTTA LOVE

DIRECTIONS


HOMECOOKED MEALS ALLOW YOU TO BE IN THE DRIVER'S SEAT WHEN COMES TO YOUR HEALTH. THE TIME-SAVING BENEFITS OF GRAB-AND-GO MEALS ARE TEMPTING AND CONVENIENT. HOWEVER, THE BENEFITS OF DONNING YOUR CHEF'S HAT WHILE WHISKING YOUR WAY THROUGH RECIPES CAN HELP YOU LIVE LONGER AND KEEP MONEY IN YOUR WALLET.




Preparing and sharing meals with those you love sparks conversation, cooperation, and helps bring you **closer together**.




Cooking allows for creativity. Branch out by trying new recipes or revamp classic family favorites.




Dishes created with fresh ingredients mean less processed foods in your pantry and a healthier diet overall.



Spending time in the kitchen can reduce depression and anxiety while also relieving stress.



Buying ingredients, meal prepping and repurposing leftovers is financially savvy in comparison to frequent dining out.



Dining at home means you can keep an accurate eye on calories, sodium and cholesterol intake to help avoid high blood pressure, weight gain and heart disease.