Websites – General

- Healthy Meals on a Budget - https://www.choosemyplate.gov/eathealthy/budget
- 10 Tips for Eating Healthy on a Budget - https://www.nia.nih.gov/health/10-tips-eating-healthy-budget
- Planning Meals - https://www.cdc.gov/healthyweight/healthy_eating/meals.html
- Cutting Calories - https://www.cdc.gov/healthyweight/healthy_eating/cutting_calories.html
- Dehydration Avoidance - https://my.clevelandclinic.org/health/treatments/9013-dehydration

Websites – Recipes

- MyPlate Kitchen - https://www.choosemyplate.gov/myplatekitchen

Websites – Physical Activity

- Planet Fitness - https://www.planetfitness.com/gyms/
- Free exercises/classes through YouTube or smartphone apps
- Check fitness studios’ personal websites to see if they are offering virtual classes
- Try Groupon or ClassPass for discounts on exercise classes
  - https://www.groupon.com/local/kansas-city-mo/fitness-classes
  - https://classpass.com/search/kansas-city/fitness-classes/SzF4GAzEHeF
- YMCA of Greater Kansas City - https://kansascityymca.org/programs/adult-group-classes
- KC Park Finder - http://maps.kcmo.org/apps/ParkFinder/

Websites – Food Resources

- Kansas City Community Kitchen, 750 Paseo Blvd, KCMO 64106 (816) 561-9820
- Nazarene Compassionate Ministries, Inc. 12351 W 96th Terrace, Lenexa, KS 66215 (913) 768-4808