

# COST-EFFECTIVE Resources

## Websites – General

- Dietary Guidelines for Americans - <https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/>
- 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>
- Healthy Eating for a healthy Weight - [https://www.cdc.gov/healthyweight/healthy\\_eating/index.html](https://www.cdc.gov/healthyweight/healthy_eating/index.html)
- Planning Meals - [https://www.cdc.gov/healthyweight/healthy\\_eating/meals.html](https://www.cdc.gov/healthyweight/healthy_eating/meals.html)
- Cutting Calories - [https://www.cdc.gov/healthyweight/healthy\\_eating/cutting\\_calories.html](https://www.cdc.gov/healthyweight/healthy_eating/cutting_calories.html)
- Dehydration Avoidance - <https://my.clevelandclinic.org/health/treatments/9013-dehydration>
- Nutrition Facts Label - <https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

## Websites – Recipes

- MyPlate Kitchen - <https://www.choosemyplate.gov/myplatekitchen>
- NIH Recipes - [https://www.nhlbi.nih.gov/health/educational/lose\\_wt/eat/recipes.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/eat/recipes.htm)
- USDA Recipe Collection - <https://www.nutrition.gov/topics/shopping-cooking-and-food-safety/recipe-collection>
- DASH Diet recipes - <https://www.mayoclinic.org/healthy-lifestyle/recipes/dash-diet-recipes/rcs-20077146>
- Mediterranean diet recipes - <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801>

## Websites – Physical Activity

- Silver Sneakers Program - <https://www.silversneakers.com/missouri-senior-gym-membership/#:~:text=MISSOURI%2C%20THIS%20IS%20YOUR%20SILVERSNEAKERS&text=With%20SilverSneakers%2C%20you'll%20get,classes%20led%20by%20certified%20instructors.>
- 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/5zF4GAZeHEf>
- YMCA of Greater Kansas City - <https://kansascityymca.org/programs/adult-group-classes>
- KC Park Finder - <http://maps.kcmo.org/apps/ParkFinder/>

## Websites – Food Resources

- Food Assistance Locator - <https://www.harvesters.org/Get-Help/Service-Locator>
- 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