

FOR IMMEDIATE RELEASE

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Start Simple with MyPlate

Have you ever heard that eating healthy is expensive, or thought that healthy recipes seem too complex? If the answer is “yes” to just one, or both, of these questions, you are not alone! Although both can ring true sometimes, healthy food choices don’t have to cost a lot or be super complicated!

The *Start Simple with MyPlate* Application is available for free download in the Apple App and Google Play stores. The *Start Simple with MyPlate* Application can also be viewed using a computer or tablet. Upon downloading the application, you will need to register or choose to continue as a guest. If you choose to continue as a guest, you will miss out on some of the great personal data saving that comes with being a registered user!

This application is designed to help users do the following:

- **Discover budget-friendly food ideas:** You might be surprised at how affordable eating a healthy balanced meal can be! Through the application, you will be able to find SNAP savings in your area by inputting your zip code. This will show you locations accepting SNAP benefits. You will also be able to search for cheaper alternatives to a high-priced food item; an example of this could be switching out the chicken breast for black beans for your protein source.
- **Set personal goals for healthy eating:** When you log in to the application, you will see the current day and date listed at the top of the screen. You will be able to build healthy habits one day at a time! You can use the app to pick simple daily food goals, see real-time progress, and earn badges along the way!
- **Find easy, low-cost recipes:** The app will allow you to have hundreds of nutritional recipes at your fingertips! Searching by ingredient will allow you to browse what you already have on hand so nothing goes to waste.

For more information, visit www.myplate.gov, or contact Katherine Pinto, EFNEP and SNAP-Ed Agent, kd Pinto@ksu.edu or 620-232-1930.

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