

A monthly wellness newsletter from Better You

## Supporting those who care: Resources for caregivers

With roughly one in four American adults serving as a family caregiver, caregiving is a common experience that affects millions of people. In fact, 59 million caregivers report caring for adults ages 18 and older, and 4 million report caring for a child under age 18 with an illness or disability.

Caregiving is a labor of love that can bring a sense of purpose and meaning in life, but it can also impact one's physical, emotional, and mental health. Studies show that more than 60% of caregivers experience burnout symptoms, including anxiety, depression, and stress.

*“There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those that will be caregivers, and those that will need caregivers.”*

– Rosalynn Carter



### To help caregivers thrive, Florida Blue offers a range of resources and support:

- [FloridaBlue.com/Caregiver](https://FloridaBlue.com/Caregiver), featuring articles, videos, webinars, and a Family Caregiver Guide
- A [Caregivers Connection Facebook support group](#), led by our Florida Blue Center Community Specialists, and the [Caregiver Connections YouTube](#) playlist
- [Florida Blue Centers](#), where Community Specialists provide ongoing support, guidance, and encouragement

Even if you're not a caregiver yourself, chances are you know someone who is. You may have a family member, friend, or neighbor who is caring for a loved one. Consider watching our upcoming webinar, *Caring for the Caregiver*, together! This live webinar on April 14 will explore practical tips and strategies for maintaining physical, emotional, and mental health while caregiving.

[Join us](#) to learn how to support yourself or a loved one in this important role.

Resource: [Caregiving in the U.S. 2025 - AARP Research Report](#)

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# Stretch your budget, not your health

Eating healthy doesn't have to mean spending a lot of money. With a little planning and smart shopping, you can enjoy nutritious meals without breaking the bank. Planning and choosing the right foods are key steps to eating healthy without overspending.

## Plan your meals before you shop:

Think about what you and your family will eat for the week. Create a meal plan and make a grocery list. When you have a list, you are less likely to buy impulse items that are often expensive and less healthy. Planning meals ahead can also help you use leftovers in creative ways.

## Shop smart and compare prices:

Look for foods on sale and choose store brands when possible — they cost less but are still nutritious. Buying fruits and vegetables in season also saves



money. Frozen and canned fruits and veggies without sauces are good choices too, since they are inexpensive.

## Cook more and waste less:

Making meals at home is usually cheaper and healthier than eating out. When you cook, make a double batch so you can have some for lunch the following day or freeze for later. A big pot of soup or a rice and bean dish can easily become several meals.

**Stretch your budget:** Some foods offer high nutritional value at a low cost. Beans, eggs, whole grains like brown rice or oats, and frozen vegetables are affordable and filling. These foods can be the building blocks for many meals — from breakfast oatmeal to dinner stir-fries.

Eating healthy on a budget takes a bit of practice, but the rewards can be worth it: more energy, stronger bodies, and money saved!

**Resources:** [Heart.org](https://www.heart.org); [CDC.gov](https://www.cdc.gov)

## Meal-Prep Curried Chicken Bowls (Serves 4)

### Ingredients:

- 1 cup cooked brown rice
- 1 cup cooked quinoa
- 1 pound cooked [Curried Chicken](#)
- ¼ cup chopped fresh cilantro
- ¼ cup thinly sliced scallions

### Directions:

Combine rice and quinoa; divide among 4 single-serving containers with lids. Top with chicken, cilantro and scallions, dividing evenly. Seal the containers and refrigerate for up to 4 days. Garnish with pepper, if desired.



Recipe courtesy of [Eatingwell.com](https://www.eatingwell.com); for nutritional information click [here](#).

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