WWP News & Media: Veteran Group Outings, Charity Events, Helping Vets

Wounded Warrior Project Can Help Your Wallet and Waist Prepare for the Big Game By James Herrera - Physical Health & Wellness Director, Wounded Warrior Project

JACKSONVILLE, Fla., Feb. 3, 2017 / PRNewswire-USNewswire --- The biggest event in football is almost upon us, and fans everywhere are getting ready. Couches and big-screen TVs are being positioned perfectly in living rooms, and party plans are being finalized. And when families and friends finally gather to watch the season-ending game, the million-dollar commercials, and the halftime show, they will also feast on snacks. *Lots* of snacks.



- \$2.3 billion on alcoholic beverages, including beer, wine, and liquor
- \$500 million on chips,
- \$82 million on chicken wings,
- and \$71 million on cheese snacks.

Not only is that a massive chunk of money, but it's also a ton of calories. To help you stretch some dollars – without stretching your pants – Physical Health and Wellness experts at Wounded Warrior Project[®] (WWP) are sharing some of their favorite homemade snacks. Buying fresh, individual ingredients and making items yourself can save you money in the long run. And it's typically healthier – just like these recipes. Best of all, these snack ideas are the right kind of healthy – they will be good to your waistline without your friends and relatives accusing you of ruining the game. Remember the wise words of Homer Simpson – you don't win friends with salad.

To check out the recipes, visit: https://newsroom.woundedwarriorproject.org/BigGameSnacks. And to learn about how WWP's Physical Health and Wellness program is helping warriors with fitness and nutrition, visit https://www.woundedwarriorproject.org/programs/physical-health-wellness.

About Wounded Warrior Project

Wounded Warrior Project[®] (WWP) connects, serves, and empowers wounded warriors. Read more at https://newsroom.woundedwarriorproject.org/.

SOURCE Wounded Warrior Project

For further information: Mattison Brooks - PR Specialist, Email: mbrooks@woundedwarriorproject.org, Phone: 904-646-6897

Additional assets available online: Photos (1)

https://newsroom.woundedwarriorproject.org/2017-02-03-Wounded-Warrior-Project-Can-Help-Your-Wallet-and-Waist-Prepare-for-the-Big-Game