

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/>.

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