

A more detailed look into the 5 things Mel is currently into!



### **Jasmine Green Tea**

I'm a major tea drinker and jasmine green tea is my favorite. I buy it in bulk from [Amazon](#). The bag seems so gigantic that I'm always convinced it is going to last the year when in fact it lasts me 1-2 months.

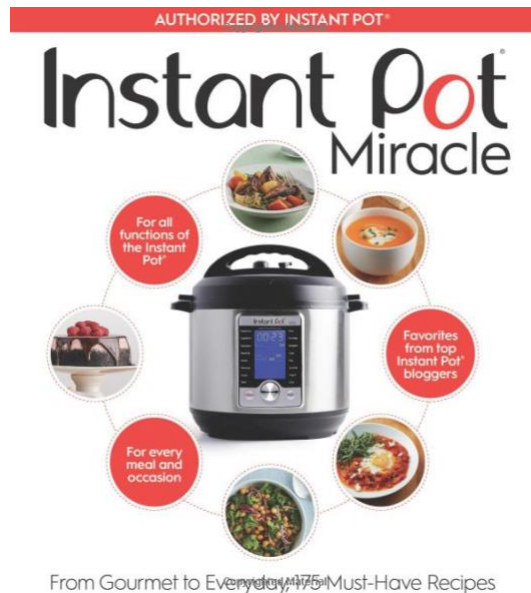


### **Budgeting Apps**

Due to having 2 kids that are 3 and under, we are experiencing peak daycare expenses ([see this article](#) on how childcare is more expensive than in-state college tuition). Consequently, I am having to pay more attention to money than I like. I hate rigorous budgets, and they don't really work for me. But, I have found two things that have been useful:

The [Digit app](#) analyzes your checking account to determine how much you can save and then automatically sets aside this money for you throughout the month. Digit sends me texts to let me know about withdrawals, checking account balances, and savings milestones. It took about 5-10 minutes to get set-up and I have saved a respectable amount of money in just a few months. (NOTE: it costs \$2.99/month).

I also figured out how to set alerts on my credit card so I receive a text with my balance after every transaction. That has also been helpful for eliminating those end of the month surprises when I am convinced my credit card was stolen and used to make lots of fraudulent purchases... but upon closer inspection realize that it was just me overspending!



## Instant Pot

I have joined the [Instant Pot](#) craze!! Seriously, if you don't have an instant pot you should get one! I literally use it every single day! I cook meals with it, use it as a rice cooker, sterilize breast pump supplies, steam vegetables, bake cakes, etc.

I also like the [Instant Pot Miracle cookbook](#). The recipes are very practical and don't require a lot of prep or a million ingredients. The result is very solid (although not the most amazing food you will ever eat). I have cooked about 50% of the recipes in the book and have been pretty pleased with my efforts. My only complaint is that it is too meat focused.



### **Pebble Smart Watch**

I am horrible about carrying/using my phone. This has caused a lot of aggravation, but things have gotten better since I got a Pebble smart watch. It is waterproof and only needs to be charged every 7 days. It tells me the date and time; gives me alerts for text, email, Skype, Slack messages; and allows me to I can set timers and alarms.



### **Amazon Kindle**

I love my Amazon Kindle! I have the one with the LED frontlighting (vs. computer screen backlighting). It is so great to be able to read at night. A bonus is that it can be used as a nightlight. I use it about 100x a night to check that our infant is still breathing.