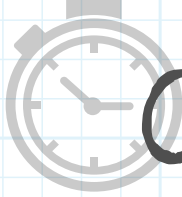


# TIPS for HEALTHY Family Meal Planning



## ONE

Take 15 minutes over the weekend to plan ahead for the week's meals.

## TWO

Keep it simple when you're deciding meals. You don't have to make elaborate dinners every night. Who has time for that?

## THREE

Try to stick to a schedule, try to eat meals at the same time each day. When schedules conflict, adjust.

## FOUR

Make it fun! Meal time should be engaging. Cut sandwiches into shapes, make up imaginative names for fruits and vegetables, and introduce different ways to eat food, like using chopsticks.

## FIVE

Be flexible, don't assign meals to a certain day of the week. Rotate meals throughout the week based on what time you have or what you're craving. Let the kids choose from the meal menu.

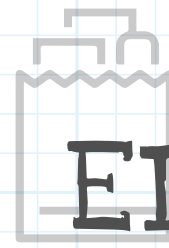


## SIX

Prepare as many meal elements as possible in advance over the weekend (for example, chop and bag veggies). You will be thankful when it's six o'clock and you have no energy to chop peppers.

## SEVEN

Ask your kids to help in the kitchen. They are more likely to try new, healthy foods if they help make it.



## EIGHT

Organize your grocery shopping so you do it all at once, saving you a lot of time and money. Plus, there's always something healthy to eat in the house.



## NINE

Set the example by joining the family during meals. Children are more likely to eat healthy foods if they see mom and dad eating them too.

## TEN

Double up your meals. Less meals to make during the week is great when there are leftovers.

