

# 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

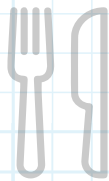
Try to **stick to a schedule**, try to eat meals at the same time each day. When **schedules conflict**, adjust.

## 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.

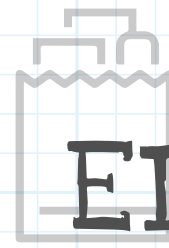


## SIX

**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**.

