

Tips for Menu Planning



- Start to create a plan every week with input from the family so they agree to healthier items
 - ✓ Check sales ads for deals on fruits, veggies & protein (e.g. meat, poultry, fish, eggs, beans, nuts)
 - *Fresh, frozen or canned all count (but beware of sodium content and/or added sugar in canned items or sauces with frozen items)*
 - ✓ Take stock of food items on-hand in the fridge, freezer, and pantry
 - ✓ Find recipes using the same ingredients in different ways to vary your meals
 - **Examples:**
 - *Chicken fajita with peppers/onions, rice, shredded lettuce/tomato*
 - *BBQ Grilled chicken with skewered veggies and mixed greens salad with fruit pieces*
 - *Chicken cacciatore with brown rice and side salad*
 - *(all require chicken, onion, pepper, tomato, and lettuce but have different flavor combinations to be unique)*
 - **Check for recipes:** *on the store website under the Recipe tab or through the Eat Right for Life tab, plus at www.fruitsandveggiesmorematters.org and www.choosemyplate.gov*
 - ✓ Develop a 7-day menu including meals & snacks
 - *Include any meals or snacks which you intend to eat out to avoid excess purchases and food waste*
 - ✓ Create grocery list with all items needed for the menu
- Shop from the list with help from the kids and avoid impulse purchases not on the list
- When you return home from the store, chop/prep items wherever possible
 - Saves time during the week!*
- Buy larger bags for cost savings but immediately pack your own single-servings and throw away bigger containers and bags
 - Then limit to just one single serve bag at a sitting*