

Stock your kitchen

Purchase food that can be prepared quickly.

- Fruits (fresh, frozen, canned or dried)
- Vegetables (fresh, frozen or canned)
- Canned beans
- Canned soups or stew
- Eggs
- Brown rice
- Low-fat or fat-free cheese or yogurt
- Whole-grain bread or pasta



Plan ahead!

- ◆ Keep meals simple — healthy can be quick.
- ◆ Prepare soups, stews or casseroles when you have spare time. Freeze the dishes for busy days when there's no time to cook.
- ◆ Prepare in advance — wash and cut vegetables, make a fruit salad, or cook ingredients ahead of time. Refrigerate until needed.



Family meals

Easy and healthy!

Plan, shop and prepare healthy, low-cost meals for your family.



- ◆ Family meals can be stress free with some simple planning.
- ◆ Quick meal planning means more family time.

Save time in the kitchen

- ◆ Make one-dish meals or casseroles.
- ◆ Use quick cooking techniques, such as broiling, microwaving or stir-frying.

Shop for time savers

- ◆ Check for sales on foods that are grated, chopped or washed.
- ◆ Try grated low-fat cheese, rotisserie chicken and mixed salad greens.



No need to cook

- ◆ Cold sandwiches with vegetable slices added.
- ◆ Salads with canned tuna, chicken or beans.
- ◆ Raw vegetables and low-fat yogurt dip.
- ◆ Fruit and low-fat cheese.

Involve the whole family!

- ◆ Making meals together gives you and your child time to talk, even on busy days.
- ◆ Kids can help:
 - Set the table
 - Pour milk
 - Help prepare the meal (stir or measure ingredients)
 - Choose vegetables
 - Choose a new food to try



Quick family meals

- ◆ Hearty soup — Combine canned or frozen vegetables, barley and purchased soup.
- ◆ Pasta — Add diced lean ham, chicken or tuna along with cooked vegetables to purchased macaroni and cheese.
- ◆ Chili — Top a baked potato or brown rice with homemade or canned chili.