

## 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!

## 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



## 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.



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



## 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



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

Funded in part by USDA SNAP.  
For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.  
Running out of money for food? Contact your local food stamp office or go online to [dss.mo.gov/fsd/fstamp](http://dss.mo.gov/fsd/fstamp).