



MEAL PLANNING AND SNACKS

Lesson 3

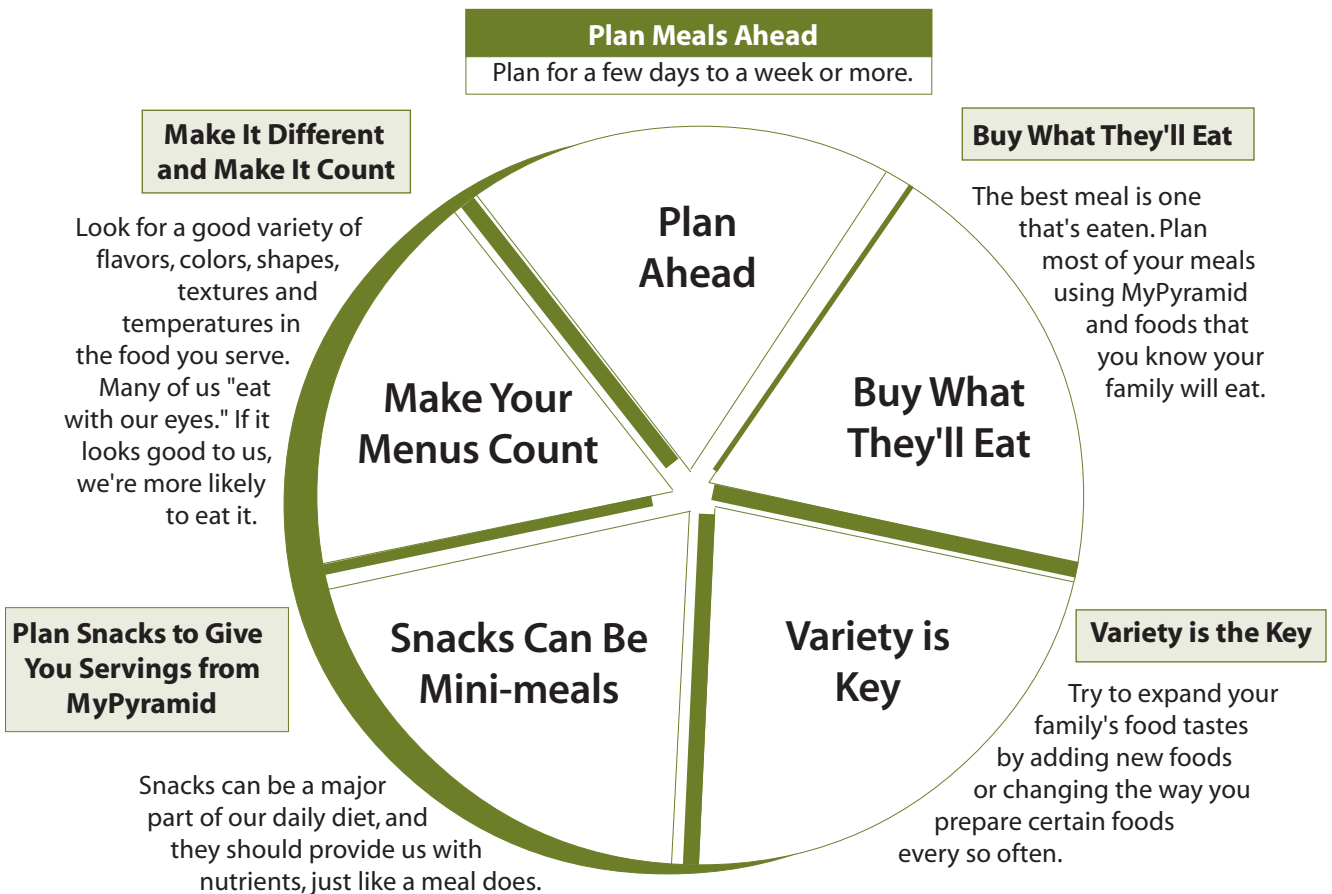
Eat Healthy, Stay Fit

How can we solve the problems of getting into a good rut, preparing the same foods every day, and not knowing which foods to prepare? The answer is planning meals ahead of time. Planning also has other benefits:

- ◆ You can make sure that daily meals and snacks contain the NUTRIENTS your family needs.
- ◆ You can save MONEY by taking advantage of supermarket specials and using coupons.

- ◆ You can add VARIETY by adding new foods, trying different ways to prepare foods, and changing colors, textures, flavors, and shapes of foods to make them more attractive and interesting.

Planning is like putting together the pieces of a puzzle. When all the pieces fit you have attractive, nutritious meals and snacks that your family will eat and enjoy. Here's how to make those pieces fit.



Remember, no single food or food group contains all the nutrients we need each day. Use food from all the food groups in meal planning.

Buy What They'll Eat

- Plan snacks for your family when you plan your menus. Then if you are hungry you will have made some good food choices.
- Snacks can give your family some of the servings they need from MyPyramid. The key to healthy snacking is supplementing your meals with a variety of snacks packed with nutrients, not empty calories.
- Most Americans don't get enough fruit, vegetables, low fat milk products, and whole grains.
- It's easier to make healthy snack choices (pretzels instead of chips, graham crackers instead of chocolate cookies, for example) if you have nutritious, ready to eat snacks on hand. Try keeping a bowl of fruit on the counter or a prepared snack box in the refrigerator and one in the cupboard.

Use the Dietary Guidelines and MyPyramid as a guide in planning your snacks for the week.

Snacks	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Grains □□□□□□							
Vegetables □□□							
Fruits □□□							
Milk □□□							
Meat & Beans □□							

The final step in meal planning is to prepare a detailed shopping list of everything you will need to prepare all the meals of your plan. With this lesson we have included a sample shopping list with suggestions for the healthiest choices in each category of food.

Meal Planning and Snacks

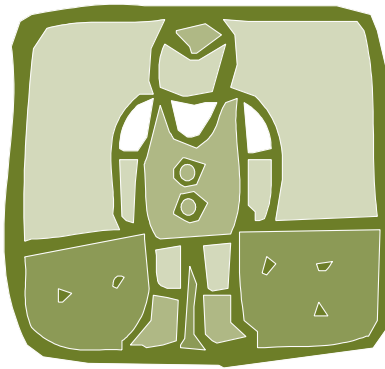
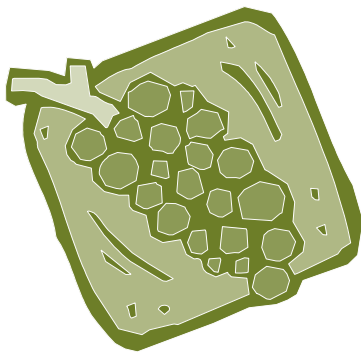
Did you know?

Children judge a food by how it looks. They like colorful foods.

Let's do a meal plan for one week starting with breakfasts. Why is a healthy breakfast important? Breakfast is the first step in making sure your family meets its daily nutrient requirements. Our bodies need food in the morning for energy. Breakfast improves attention span, coordination, and mental performance for both adults and children. Breakfast eaters tend to eat fewer calories and fat throughout the day which helps

maintain a healthy weight, affects long-term health and even life expectancy!

You can eat a wide variety of foods for breakfast, not only the "traditional" breakfast foods. A good rule to follow is to have a breakfast that includes foods from at least three different food groups on MyPyramid. Any food that you and your family like, (even leftover pizza!) that is quick and easy to prepare can be served for breakfast. So be adventurous and plan your breakfasts for the week:



Breakfast	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Grains □□□□□□							
Vegetables □□□							
Fruits □□□							
Milk □□□							
Meat & Beans □□							

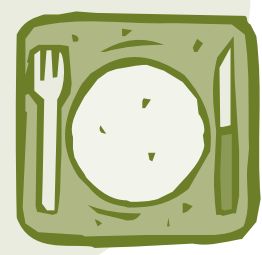
Now let's add dinners to our meal plan using MyPyramid and weekly supermarket flyers to get the best buys. Also keep your schedule, your family's taste in mind and involve them in the planning process. Leftovers can be helpful for quick meals since part of the preparation is already done, so include them in your

meal plan. Some main meal suggestions, including non-meat meals to save on costs could be: Chicken, Rice & Broccoli, Lasagna, Chicken Vegetable Stir-fry with Rice, Homemade Vegetable Pizza, Baked Beans, Coleslaw & Cornbread.

Dinner	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Grains □□□□□□							
Vegetables □□□							
Fruits □□□							
Milk □□□							
Meat & Beans □□							

Tips for using leftovers:

- Roast a chicken, turkey, beef roast or ham and slice some for eating while hot. Cool the rest quickly and cut into meal-sized portions for later use in casseroles, stir-fry dishes, sandwiches, soups, stews and salads. Freeze portions that you won't use within a day or two.
- Try using leftovers in a totally different way from the original meal. For example, don't just use leftover beef roast or chicken in a stew. Try them in a sandwich spread, fried rice, a stir-fry dish or a pasta salad.
- Look for new recipes that use foods you often have left over. Some foods are more versatile than others. Whatever the food is, put it to good use and use it all before it spoils.





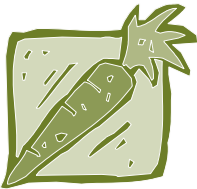
A slice of apple or orange can help make a meal look better to your child.



Now that we have our breakfasts and dinners planned, lunches can be added to the meal plan. Are there leftovers from dinners that can be served the next day, maybe in a different form, for lunch? Use lunches to fill in some of the missing servings from the food groups on MyPyramid.

Lunch	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Grains □□□□□□							
Vegetables □□□							
Fruits □□□							
Milk □□□							
Meat & Beans □□							

What kind of snacker are you?
Examine your snacking habits



1. Do you snack when you are hungry?
2. Do you snack in place of meals or to supplement meals?
3. Do you choose snacks higher in calories, fat or sugar or from the food groups on MyPyramid (grain group, fruits & vegetable groups, milk group, and meat & beans group)?
4. At this moment, do you have a bowl of fresh fruit or cut-up vegetables available to snack on?

Turn the page to learn how to fit snacks into your meal plans.



Mini Goals

Mini Goals are the first step to making healthy choices. Little steps lead to big leaps! Choose at least one mini goal to work on this week:

- ◆ Plan three breakfasts that include foods from three of the six food groups in MyPyramid.
- ◆ Record your breakfasts for a week on a calendar.
- ◆ Establish a snack box for the cupboard and one for the refrigerator. Involve the kids!
- ◆ Record your snacks over a three day period.
- ◆ Plan two days of menus that include 5 cups a day of fruits and vegetables.

The Food Stamp Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact
1-800-852-3345 x4238

* * * Recipes * * *

Golden Split Pea Soup

2 tsp. vegetable oil
2 cups chopped onion
2 cups diced potatoes skin-on
12 oz. yellow split peas (1-1/2 cups)
5-6 cups low sodium chicken broth
1 cup water
1/2 tsp. onion powder
1 tsp. poultry seasoning

Place oil in large pot. Heat over medium - high. Add onion and saute until golden, about 2-3 minutes. Add the rest of the ingredients, mix well. Bring to a boil, then lower to simmer. Cook uncovered until peas are tender (about 45 minutes). Serve hot.

Serves 8, 1 cup each
Each serving: Calories 181, Total fat 1.5 gm,
Saturated fat 0, Cholesterol 0, Sodium 135 mg,
Fiber 10 gm.

Developed by Helene Grobman, Kathleen Jaworski, Joanne Knowlton, Debbie Luppold, Terri Schoppmeyer, Nutrition Connections Staff.



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