FAMILY MEALS: EASY AND HEALTHY!

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 stews
• Eggs
• Brown rice
• Canned tuna
• Whole grain bread or pasta

For the healthiest choice look for low or no sodium canned products.

Quick Family Meals
• Hearty soup: Combine canned or frozen vegetables, barley and purchased soup.
• Pasta: As you prepare a boxed macaroni and cheese, add diced lean ham, chicken or tuna along with cooked vegetables.
• Chili: Top a baked potato or brown rice with homemade or canned chili.

Plan Ahead!
Quick meal planning means less stress and more family time.
• Prepare soups, stews or casseroles and freeze them for busy days when there is no time to cook.
• Prepare in advance: Wash and cut vegetables, make a fruit salad or cook ingredients ahead of time.

Save time in the kitchen
• Make one-dish meals or casseroles
• Use quick-cooking techniques, such as broiling, microwaving or stir-frying.

Cooking together gives your child special time with you
Kids can help:
• Set the table
• Pour milk
• Stir or measure ingredients
• Choose vegetables
• Choose a new food to try

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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

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 mydss.mo.gov/food-assistance/food-stamp-program.