

FAMILY MEALS: EASY AND HEALTHY!

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.**

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.

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**

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.**

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**