

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**

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.