

Nutrition On Your Own



Planning Your Meals

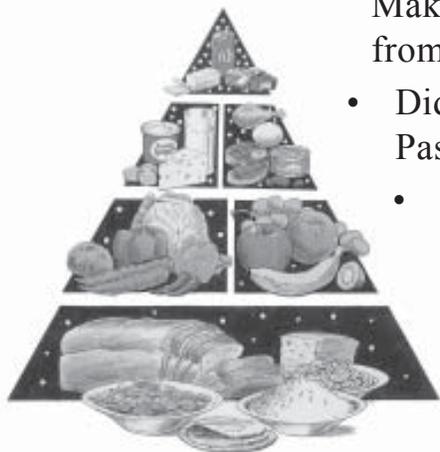
Planning saves you time and money, and helps your family eat healthy meals and snacks. In this self-paced lesson, you'll learn how to plan meals and snacks for your family.

1. Start by planning meals and snacks for one day. Using the menu planning worksheet on page 3, plan each meal for tomorrow. Use these questions to help you plan.

- What foods does your family like to eat in the morning?
- What do they usually eat for lunch?
- What does your family like for dinner?
- What healthy snacks do you want your family to eat?

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Evening Meal							
Snacks							

2. Now, look at the Food Guide Pyramid on page 4. Make sure your menu for tomorrow has foods from each of the five food groups.



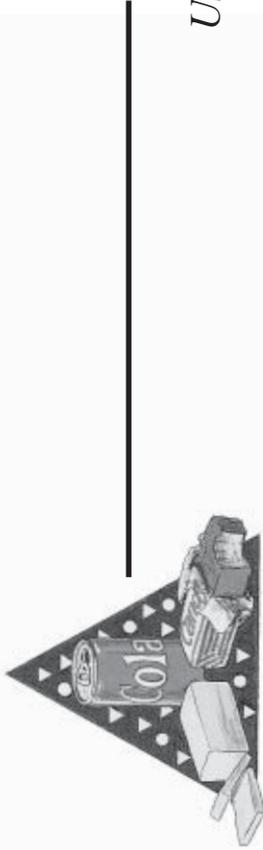
- Did you include foods from the Bread, Cereal, & Pasta Group at every meal?
- How about fruits? Each member of your family should eat 2-3 servings of fruit each day.
- Did you include vegetables? Plan for 2-3 servings a day for each family member.

- Is there a milk product in at least two meals of each day?
 - Are there foods from the Meat, Poultry, Fish, & Eggs Group? Everyone needs two servings from this group each day.
 - Have you planned to use your WIC foods?
3. Take the Weekly Meal Planner home to plan the rest of the week. After planning your menus for the week, use it to make your shopping list. Your WIC office can give you more copies, if you'd like. Here are some more tips for healthy meal planning.
- Plan simple meals or leftovers for the busiest days in your week.
 - Look at store specials from the newspaper when you plan your menu. Clip coupons for foods you need.
 - Healthy snacks are important for children. Snacks can provide foods from the five food groups that may be missing from meals. What healthy snacks will your children eat? Add these to your menu.
4. Planning a menu takes time. But in the long run, planning will save you time and money!

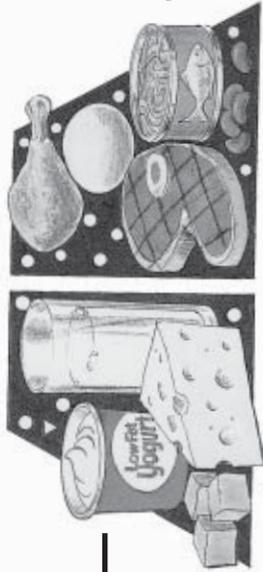
Weekly Meal Planner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Evening Meal							
Snacks							

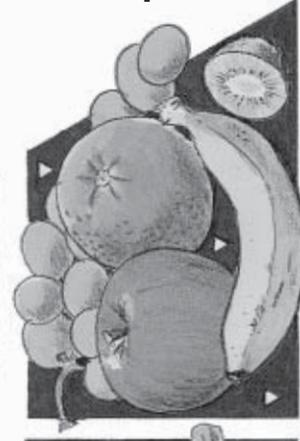
Fats, Oils,
& Sweets
Use Sparingly



Milk, Yogurt,
& Cheese Group
2-3 Servings



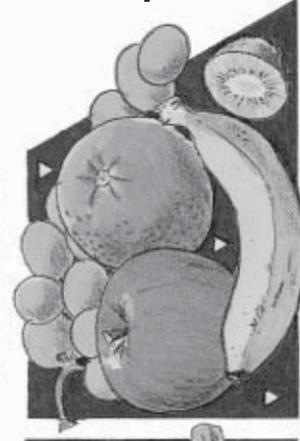
Meat, Poultry, Fish,
Dry Beans, Eggs,
& Nuts Group
2-3 Servings



Vegetable
Group
3-5 Servings



Fruit Group
2-4 Servings



Bread, Cereal,
Rice, & Pasta
Group
6-11 Servings

