

# Prepare More Meals at Home



Out of control portions, eating few fruits and vegetables, consuming extra calories, fat and salt and increased body weight — what do these have in common? They are all things that are consequences of eating out too often.

How can you avoid these? Plan, shop, fix and eat more meals at home! You'll eat healthier and save money! Planning ahead will help you overcome the time crunch that could lead to impulsive decisions to eat out. Once you plan what meals you will eat, make a shopping list of ingredients and stick to it.

Prepare your meals at home and put yourself in charge of the types of food you eat, how they are prepared and how much you eat. Families who eat more meals at home (or pack and carry meals from home) eat more fruits and vegetables and consume fewer total calories. Plus, eating meals at home is a great way to spend quality time with family or friends.



Visit [www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com) to get more information on how to prepare more meals at home and download resources including a meal planner, shopping planner and healthy recipes.

WORKSITE WELLNESS TURKEY PROGRAM

# Smart Fuel

## Quick Tips to Try

### Prepare More Meals at Home!

1. Find recipes that can be prepared in 30 minutes or less.
2. Plan your meals for the week.
3. Make a grocery list with all the ingredients for your planned meals.
4. Involve your family in food preparation and cleanup.
5. Visit your local farmers' market for fresh, locally grown produce.
6. Take advantage of timesavers such as pre-washed/pre-cut fruits and vegetables.
7. Turn off the TV or other distractions during mealtime at home.

**Remember to give yourself a point each time you complete a tip or eat a meal at home!**