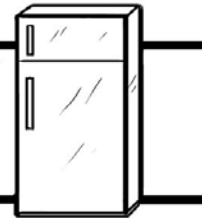




Meal Planning



- Eat together as a family as often as you can. Parents serve as role models when serving nutritional foods at mealtime.
- Meals prepared at home usually have a greater variety of nutritious foods than meals eaten at restaurants.
- Children are more likely to eat the food they help plan and prepare for a meal.
- Planning meals and shopping from a list will help you manage your grocery budget.
- Plan meals using the foods you already have on hand.
- Plan meals around sales and coupons to save money.
- When eating out carefully choose a meal that contains all 5 food groups and do not overeat just because the food is available or cheap.

Mini-goals

1. _____

2. _____

3. _____



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