

Helpful Tips

Do you come home from a long day at work or school and wonder what to make for dinner?

Do you get the constant question from the kids “what’s for supper?”

Have you ever wanted to make a meal and don’t have all of the ingredients?



In meal planning there will be no more guessing.

A meal plan is a week long plan of every meal from breakfast, lunch, dinner and even snacks. The key is to list the foods you and your family enjoy and new recipes you would like to try.

Choose a day you have free like Sunday afternoon and write down all the foods you and your family like. Then, beginning with supper, write down a popular meal with your family. Work from day one to day seven, moving on to lunches, breakfast and snacks. Keeping in mind leftovers from supper can be used for lunches.

Once you have come up with your plan, go through and list all of the grocery items you will need and list what you already have in the pantry.

In going to the grocery store with your preplanned list you will ensure you have the ingredients for the meals, save you time at the store, stop impulse buying & save you money!

Save your meal plans and reuse them.

Have fun, be creative and incorporate nutritious foods