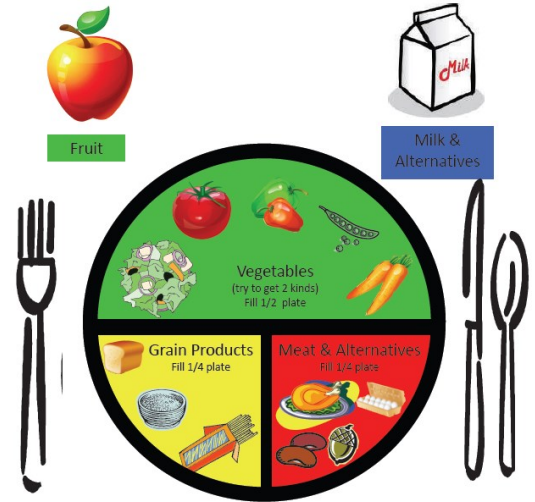


# Menu Planning

Menu planning can be a hard job when feeding a family of different ages and with different food likes. Planning a menu ahead of time can help you to create tasty nutritious meals for the whole family. Writing a quick menu for the week before shopping can help you to save time, money, and ensure you have all of the ingredients on hand.



## At every meal:

- Use Canada's Food Guide to help you include food items from all four food groups.
- Vary your food choices within each food group to get a variety of different nutrients.
- Plan the timing of snacks so that they do not affect the child's appetite at mealtime.

## When you have little time:

- Have healthy options on hand, such as washed vegetables and fruits or portioned leftover meat, for quick sandwiches and salads.
- Consider using a slow cooker so meals are ready when you arrive home.
- Use leftovers to create new dishes.
- Have homemade frozen meals on hand rather than buying convenience foods.
- Keep a list of family favourites handy for when you are out of meal ideas.

## When you have lots of time:

- Involve your child in the planning and preparing of meals.
- Cook larger dishes and save leftovers for days when you have little time.
- Wash, prepare, and store vegetables and fruits to have them ready for later.

**To help develop healthy eating habits, include many different tastes, textures, and colours, and provide children with opportunities to try new foods. Enjoy meals as a family.**



*Written by the Public Health Nutritionists of Saskatchewan with support from Saskatchewan Health Regions (2015)*

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