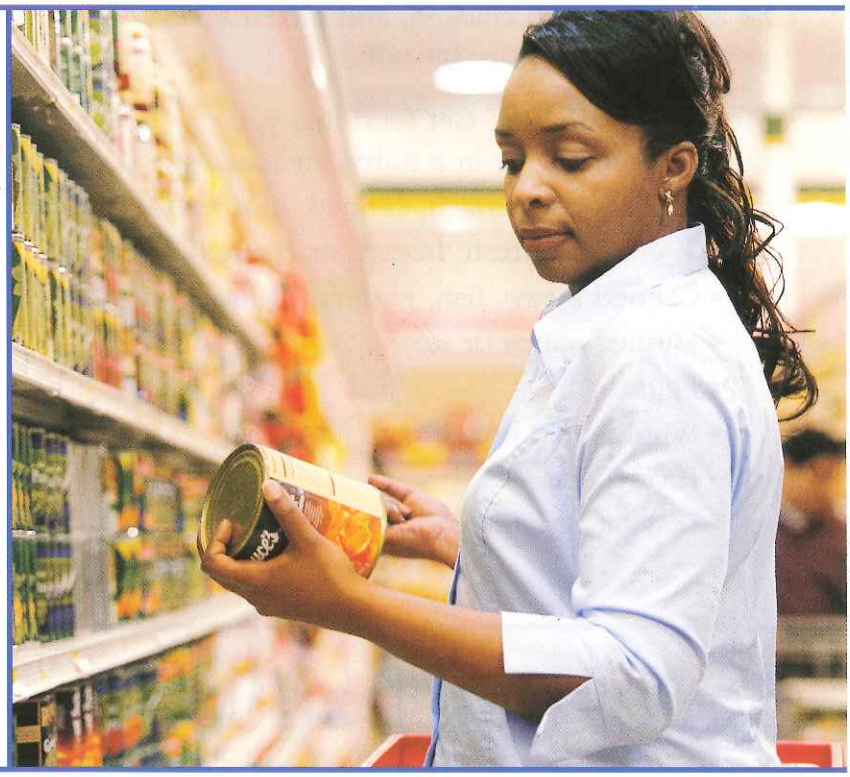
Family Meals
Easy, Tasty, and Healthy!

You're running in 10 directions! It's 4 p.m. You need to pick up your child at daycare, stop at the store, and run some errands. And, you need to get ready for an evening meeting. How do you put a healthy supper on the table, too?

A few steps can help you make an easy family meal - with less stress. Use the time you save to enjoy your family.



Plan ahead.

Keep meals simple! You can make healthy meals fast.

Cook when you have more time – maybe on weekends. Make soups, stews, or casseroles to freeze for the next week.

Do some tasks the day before. Wash and cut vegetables or make fruit salad. Your child can help. Cook noodles for pasta salad. Cook lean ground beef or turkey for tacos. Refrigerate all food items until used.

Fast family meals:

Hearty soup: Add low-salt canned or frozen vegetables to soup.

Pasta dish: Mix chopped lean ham, cooked chicken, or tuna, and cooked vegetables, into macaroni and cheese.

Super chili: Serve homemade or canned chili over a baked potato or brown rice.

Your ideas:

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Loving Your Family Feeding Their Future

Nutrition Education Through The Food Stamp Program

Shop for time savers.

Check prices on foods that are grated, chopped, washed. These foods often cost more, but they can save time. Try grated low-fat cheese, cut-up chicken, and mixed salad greens when they are on sale.

Stock your kitchen. Get food that you can make and serve in a hurry, such as:

- Fruits (fresh, frozen, canned, or dried)
- Vegetables (fresh, frozen, or canned)
- Canned beans, fish, poultry, or meat
- Canned soups or stews
- Eggs
- Whole-grain bread or pasta
- Brown rice
- Low-fat or fat-free cheese or yogurt

Save time in your kitchen.

Cook once for everyone. Does your child like plain vegetables, meat, rice, or noodles? If so, set some aside before you add other ingredients. You won't need to take time to prepare different foods.

Cook a fast way. Microwave, broil, or stir-fry when you can. Roasting and baking take longer.

Make no-cook meals and snacks:

- Salads with canned tuna, chicken, or beans
- Cold sandwiches
- Raw vegetables and low-fat yogurt dip
- Fruit

Hint: Kids like finger foods!

Cook for today and later. You can make enough meat sauce for spaghetti today and for topping a baked potato tomorrow.

Enjoy kitchen help.

Make meals with your children. Ask them to:

- Set the table.
- Pour milk.
- Help stir.
- Measure.
- Pick vegetables for supper.
- Pick what goes in the salad.
- Pick fruit for a snack.
- Pick a new food to try.

Write other ideas here:

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Your children will learn to do more to help you. Making family meals together gives you time to talk with your child, even on busy days.

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