



FEEDING THE FAMILY

After You Shop: Utilizing What You Brought Home

- ✓ Stick to the Menu – When putting away groceries, try to group together the ingredients needed for all of the meals you planned. An organized refrigerator and pantry will help you to stick to your menu and get meals on the table more quickly.
- ✓ Embrace Leftovers – Turn leftover proteins (beef, chicken, pork, fish) into satisfying toppings for a salad made from fresh ingredients from your garden. Leftovers are great to pack for tomorrow’s lunch or can be used for a fun ‘smorgasbord’ night.
- ✓ Grab n’ Go – Fill the fridge with grab-and-go vegetables that are great for little (and big) hands. The added convenience of pre-cut veggies, whether store bought or sliced at home and stored in resealable GLAD bags, makes for easy snacking that is sure to encourage more veggie eating occasions.
- ✓ Involve Little Helpers – Try these fun tips to get your kids involved in and excited about healthy eating:
 - **Mean Green Cleaning Machine** – Let them wash vegetables when preparing for cooking or eating.
 - **Pick A Peck!** – When shopping, let them select a new vegetable to try...or several!
 - **Make It Snappy!** – Let them snap the green beans or snap peas, or break the flowerets from broccoli, cauliflower or asparagus.
 - **I Spy** – Play “I Spy” in the produce section when grocery shopping to teach them about new vegetables.
 - **Tear It Up** - Let them tear the lettuce for salads and sandwiches.
 - **Measure Up** - Let them measure frozen vegetables for a recipe before cooking them.
 - **Peel and Slice** – Older children can peel and slice carrots, cucumbers, potatoes...the list goes on!
 - **A Sprinkle A Day** – Let the kids sprinkle herbs from your garden, or Hidden Valley® The Original Ranch® Salad Dressing & Seasoning Mix, into your recipes.
 - **Monster Mash** – Pull out the potato masher and mash away!
- ✓ Helpful Organization – Wash and chop vegetables needed for meals during the week. Store in a closed container in the refrigerator to keep them fresh and tasting great.