



## FEEDING THE FAMILY

### Before You Shop: Tips for Meal Planning

There is much to consider when deciding what to fix for breakfast, lunch, dinner and snacks: likes, dislikes, budget, what's already in your pantry and what's ready for picking in your garden. That's why meal planning is important. A few tips before you begin:

- ✓ Make a Weekly Menu – This is a great way to incorporate your family's favorite dishes, try new recipes and involve your kids in meal planning. Weekly meal planning also helps you to plan for fresh veggies in meals and snacks.
- ✓ Check the Garden – See what fresh veggies are ready to pick before you leave for the supermarket so you know exactly what you have fresh from your garden versus what you have to buy.
- ✓ Consult the Kids – We all know that children love to be included in adult conversations and decision-making. Involving them in the meal planning process is a great way to ensure your kids will eat a variety of produce.
- ✓ Draft a Grocery List – Just like it's not a good idea to go grocery shopping on an empty stomach, it's an equally bad idea to shop for groceries without a list. Make your list by comparing your weekly menu to items already in your refrigerator, pantry and garden. Taking a little extra time to make a list will help you to only buy what is needed to provide your family with healthy, nutritious and great tasting meals and snacks. The extra time can also help you to stay within your budget.
- ✓ Check the Circular – Don't forget to look over the weekly circular of your favorite supermarket before going shopping. If you don't receive the circular at your home, go to your supermarket's website. Note (or print) the items you need for your weekly menu.