

Healthy Family Meals on a Budget

Eat Healthy - Eat Smart
Jennifer Ropa

What does healthy mean to you?

- More.....
- Less.....

What kind of meals do you want to make?

- Take along lunches?
- Easy-to-prep dinners?
- Breakfast on-the-go?

Goals of this workshop

- New meal ideas to try at home
- You can do it!
- Get the creative juices flowing

Top 5 Pantry Items

- Brown rice
- Black beans
- Chickpeas
- Oats
- Quinoa

Top 5 Freezer Foods

- Chicken sausage
- Chicken broth
- Peas
- Blueberries
- Broccoli

Factors that influence meal planning

- Time
- Energy
- Access
- Money

Ideas for each factor

- Time - quick prep
- Energy - already prepped
- Access - frozen and shelf stable
- Money - “whole” seasonal foods

Tips for Smart Shopping

- Shop seasonally
- Shop locally
- Shop the sale ads
- Use coupons
- Stock up!

Action Items

- Breakfast ideas
- Lunch ideas
- Dinner ideas

Action Items

- I will.....
- I will.....

Thank you!

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