

Menu Planning

ONE OF THE MOST IMPORTANT THINGS YOU WILL EVER DO!

To save **time** and **money**, budget food dollars, plan menus, and shop wisely.

PLAN MENUS

- Select some family favorites.
- Add some budget stretchers.
- Turn leftovers into planned-overs.
- Include some convenience foods.
- Read ads for store specials.
- Don't forget to plan breakfast and healthy snacks.
- Prepare a shopping list.

SHOP WISELY

- Shop once a week or less.
- Use an organized shopping list.
- Use coupons wisely.
- Read labels and compare unit prices.
- Choose the store's least busy time and leave children at home.
- Shop after you have eaten something.

ORGANIZE KITCHEN

- Acquire necessary equipment.
- Arrange food and equipment conveniently.

STOCK KITCHEN

- Stock cupboards, refrigerator and freezer with supplies.
- Purchase in quantity and repackage into portion sizes.



INVOLVE FAMILY MEMBERS

- Delegate mealtime tasks.
- Teach life skills.

EFFICIENT CLEANUP

- Clean as you go.
- Soak dirty dishes.
- Assign family members cleanup chores.

Why Family Mealtime?

Children who live in families that eat together 5 or more nights per week on a consistent basis enjoy the following as compared to kids who eat less than 2 times per week with their families:

- **Nutrition and physical development** – eat more fruits & veggies; wider variety of nutritious foods; lower rates of obesity; make healthier choices when on their own.
- **Emotional development** – better able to manage negative emotions; less risk of having eating disorders; more positive interactions with others.
- **Social development** – learn important turn-taking skills; improved communication skills; learn appropriate ways to share thoughts, feelings, opinions.
- **Academics** – more likely to make A's and B's; develop larger vocabularies.
- **Behavior** – less likely to use drugs, alcohol, or tobacco or engage in other risky behavior.

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Weekly Menu

Family mealtime is an anchor for the day.	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

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Shopping List

Fresh Produce

Dairy Items

Canned Goods

Meat, Poultry, Fish

Grains

(bread, cereal, pasta, rice, tortillas, etc.)

Frozen Items

Staples

(flour, sugar, spices, etc.)

Misc., Cleaning Supplies

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What a Nutrition Facts Label tells you:

- Serving size of product.
- Numbers of servings in package.
- Number of calories per serving.
- Amount of fat, cholesterol, sodium, carbohydrate, sugars, protein, and fiber the product contains per serving.
- Amount of vitamins A & C, calcium, and iron the product contains per serving.

What a Nutrition Facts Label does NOT tell you.

- Percent of calories from fat (in this box, 44% of calories are from fat – 110 fat calories/250 total calories = 44%).
- Ingredients – you must read the ingredients list to see what the product actually contains.

The Nutrition Facts Label lets you compare one product to another. Are you looking for a product with low sodium or saturated fat? You can compare similar products and choose the one with the least sodium or saturated fat.

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Nutrition Facts	
Serving Size	Serving Size: 1 cup (228g) Servings Per Container: 2
Calories	Amount Per Serving Calories 250 Calories from Fat 110
	% Daily Value*
Nutrients to limit	Total Fat 12g 18%
	Saturated Fat 3g 15%
	Cholesterol 30mg 10%
	Sodium 470mg 20%
Carbohydrates	Total Carbohydrate 31g 10%
	Sugars 5g
Sugars & Protein	Protein 5g
	Dietary Fiber 0g 0%
Nutrients to increase	Vitamin A 4%
	Vitamin C 2%
	Calcium 20%
	Iron 4%
Percent Daily Values	*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:
	Calories 2,000 2,500
	Total Fat Less Than 65g 80g
	Sat Fat Less Than 20g 25g
	Cholesterol Less Than 300g 300g
	Sodium Less Than 2,400mg 2,400mg
	Total Carbohydrate 300g 375g
	Dietary Fiber 25g 30g

Quick and Easy Meals

Quick and Easy Fettuccine

8 oz. fettuccine or linguine
1 tablespoon olive oil
 $\frac{3}{4}$ cup evaporated skim milk
 $\frac{1}{3}$ cup Parmesan cheese

$\frac{1}{4}$ cup sliced green onion
 $\frac{1}{2}$ teaspoon dried basil
 $\frac{1}{4}$ teaspoon garlic powder
 $\frac{1}{8}$ teaspoon pepper

Cook pasta according to package directions. Drain; immediately return to pan. Add olive oil; toss to coat. Add milk, cheese, onion, basil, garlic powder, and pepper. Cook over medium-high heat until bubbly, stirring constantly. Serve immediately.

Yield: 6 servings.

Menu suggestion: Serve with grilled chicken, green salad, green beans, and orange slices.

Skillet Macaroni and Cheese

1 $\frac{3}{4}$ cups uncooked macaroni
 $\frac{1}{2}$ teaspoon onion powder
 $\frac{1}{2}$ teaspoon garlic powder
 $\frac{1}{4}$ teaspoon Italian seasoning
 $\frac{1}{8}$ teaspoon dry mustard
 $\frac{3}{4}$ teaspoon salt

$\frac{1}{8}$ teaspoon pepper
1 tablespoon canola oil
2 $\frac{1}{4}$ cups water
1 tablespoon flour
1 (12 oz. can evaporated skim milk
1-2 cups cheese, grated

In large skillet sauté uncooked macaroni and seasonings in canola oil for 3 to 5 minutes; add water. Cover and simmer 20 minutes or until macaroni is tender. Sprinkle flour over mixture; blend well. Stir in evaporated milk and cheese. Simmer until mixture thickens and cheese melts, stirring constantly.

Yield: 6 servings.

Menu suggestion: Serve with cooked carrots, fresh or frozen green peas, and apple slices.

Spaghetti

$\frac{1}{2}$ pound lean ground beef
2 garlic cloves, minced or 1 teaspoon garlic powder
1 medium onion, chopped
1 (28 oz.) can tomatoes
1 (6 oz.) can tomato paste
1 cup water

1 teaspoon sugar
1 teaspoon salt
 $\frac{1}{2}$ teaspoon pepper
1 $\frac{1}{2}$ teaspoons oregano
1 teaspoon basil
1 bay leaf
12 oz. spaghetti noodles

In a large pan, brown ground beef and drain fat. Add remaining ingredients except noodles and simmer 30 minutes. Cook spaghetti according to package directions. Serve sauce over spaghetti noodles.

Yield: 6 servings.

Menu suggestion: Serve with green salad, roasted Brussels sprouts, sliced pears, and French bread.

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Polynesian Skillet

2 boneless, skinless chicken breasts, cut into
¼ inch strips
1 tablespoon oil
1 medium onion, sliced
1 large green pepper, sliced
1 (15 oz.) can pineapple chunks
2 teaspoons chicken bouillon granules

1 cup water
¼ cup vinegar
½ cup brown sugar
2 tablespoons soy sauce
2 tablespoons cornstarch
1 (11 oz.) can mandarin oranges, drained
3 – 4 cups cooked brown rice

In a large skillet sauté chicken in oil until chicken is lightly browned. Add onion and green pepper. Stir-fry until vegetables are tender. Add ½ cup juice from pineapple, bouillon, water, vinegar and brown sugar. Combine soy sauce and cornstarch in small bowl; mix well. Add to chicken and vegetables. Simmer until mixture thickens, stirring constantly. Add pineapple and mandarin oranges. Serve over rice.

Yield: 6-8 servings.

Menu suggestion: Serve with fresh or frozen green peas, green salad, and kiwi slices.

Chicken Paprika

4 medium chicken breasts
Salt and pepper to taste
1-2 tablespoons paprika
1 can reduced fat cream of mushroom soup

1 (4 oz.) can mushrooms
1 cup fat free sour cream
Cooked rice, mashed potatoes, or noodles

Sprinkle chicken with salt, pepper and 1 tablespoon paprika. Place in crock-pot. Mix soup and mushrooms. Pour over chicken. Generously sprinkle with more paprika. Cover and cook on low for 6 – 8 hours or high for 2 ½ - 3 ½ hours. Add sour cream last 30 minutes of cooking. Serve over rice, mashed potatoes, or noodles.

Yield: 4 – 6 servings.

Menu suggestion: Serve with roasted beets, green beans, and fresh fruit salad.

Cheesy potato soup

4 medium diced potatoes
1 large chopped onion
1 quart water
1 teaspoon salt
3 tablespoons flour
½ cup skim milk

1 cup shredded cheese
¼ teaspoon seasoned salt
¼ teaspoon paprika
¼ teaspoon ground pepper
Chopped chives (optional)

Combine potatoes, onion, water, and salt in heavy saucepan. Bring to a boil, reduce heat and simmer until tender, about 20 min. Stir flour into milk, mixing well. Stir flour and milk mixture slowly into potatoes. Cook over medium low heat and stir until thick, being careful not to scorch mixture. Add cheese and seasonings. Stir to combine and heat through. Serve topped with chives.

4 to 6 servings

Menu suggestion: Serve with green salad and whole-wheat dinner rolls.

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Quick and Easy Breakfast/Snack Ideas

Whole-wheat toast or English muffin with peanut butter
Rice cake with peanut butter and sliced bananas on top
½ turkey sandwich with cut up veggies and fruit
½ tuna sandwich containing lettuce, tomato, bell pepper, diced apple
Peanut butter and jelly sandwich
Burrito – bean or cheese or veggie or egg or rice or combo
Quesadilla – cheese or chicken or egg or veggie or bean or rice or combo
Yogurt with cereal mixed in
Oatmeal with walnuts, milk, flax seed
Cheese and crackers
Peanut butter and crackers
Tuna or chicken salad and crackers
Hummus with crackers and/or veggies
Apple slices and peanut butter
Hard-boiled egg and cherry tomatoes
Granola and banana slices
Yogurt mixed with cottage cheese
Trail mix – cereal, sunflower seeds, peanuts, raisins, dried fruits, soy nuts
Yogurt smoothie – yogurt, milk, fruit, flax seed
Baked sweet potato
Green salad – romaine lettuce, veggies, raisins, sunflower seeds
Omelet – eggs, chopped veggies, cheese
Banana and peanut butter wrapped into a whole-wheat flour tortilla
Hummus and whole-wheat pita chips
Grilled cheese sandwich

Remember!

Breakfast doesn't have to be
breakfast food.

Snacks should be nutritious
mini-meals instead of junk food
or empty calories.

What is your favorite fast and
easy breakfast or snack?

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Create a Casserole!

Create a tasty casserole from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each casserole serves 4 adults.

Step 1 Choose one starch

Rice: 1 cup rice, 2 cups water: Combine rice and water. Bring to boil. Turn heat to low and cover pan with lid. Simmer until water is absorbed, about 20 minutes.

Pasta, noodles: 2 cups pasta or 3 cups noodles, 6 cups water: Heat water until it boils. Stir in pasta or noodles. Cook until tender, about 10 minutes. Drain.

Potatoes: 3 cups diced potatoes, 6 cups water. Heat water until it boils. Add potatoes and cook until tender, about 10 minutes. Drain.

Tortilla: Flour or corn.

Step 2 Choose one protein

1 pound cooked ground beef.

1½ cups cooked and diced chicken, turkey, ham, beef, or pork.

2 cups chopped hard-boiled eggs.

1-2 (6-8 oz.) cans tuna, salmon, or other fish, flaked.

1 (15 oz.) can or 2 cups cooked dried beans (pinto, black, white, kidney, etc.).

Step 3 Choose one or two vegetables — broccoli, carrots, corn, green beans, peas, squash, mixed veggies, etc.

2 cups fresh vegetables, cooked.

2 cups frozen vegetables, cooked.

1 (15 oz.) can vegetables.

Step 4 Choose one sauce

1 (10 oz.) can soup (cream of mushroom, cream of chicken, cream of celery, tomato, cheese, etc.).

1 (15 oz.) can diced tomatoes with juice.

2 cups white sauce-

1½ tablespoons fat (butter, margarine, or oil)

3 tablespoons flour

1½ cups skim milk

¾ teaspoon salt

Dash of pepper

Melt fat in saucepan. Mix in flour to make a smooth paste. Slowly add milk. Cook over low heat, stirring constantly until thickened. Add salt and pepper. Cook 3-4 minutes longer.

Step 5 Choose one or more flavors

½ cup chopped onion, celery, green pepper, ¼ cup sliced black olives, ½ cup salsa, 1 – 2 cloves garlic, crushed.

1 – 2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, tarragon, sage, etc.).

Salt and pepper to taste.

Step 6 Choose one or more toppings (optional)

If desired, after heating, place any of the following on top: 2 tablespoons grated Parmesan cheese, ¼ cup grated Cheddar or Mozzarella cheese, ¼ cup buttered breadcrumbs.

Directions: Select a food from each category or use your own favorites. Combine all ingredients except toppings in a 9x13 pan coated with cooking spray. Bake at 350° until bubbly *(30-45 minutes). Add toppings and return to oven about 10 minutes. * May cook on stovetop in saucepan or skillet for 15-20 minutes. Add more liquid if it becomes too dry. Watch closely so it does not burn.

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Create a Soup!

Create a tasty soup from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each pot of soup serves 4 adults.

Step 1 Choose one fat

2 tablespoons oil (vegetable, canola, olive), butter or margarine.

Step 2 Add 1 medium chopped onion

Step 3 Choose one or more vegetables (2-3 cups, chopped)

Celery, green pepper, green beans, carrots, peas, corn, zucchini, squash, mushrooms, cauliflower, broccoli, cabbage, etc. (fresh, canned, or frozen).

Step 4 Choose one protein

1 pound beef, chicken, ham, sausage, etc.

1 (16 oz.) can beef, chicken, ham.

1 (16 oz.) can beans (pinto, kidney, black, white, chick peas, etc.).

1 cup grated cheese.

Step 5 Choose one starch

3-4 cups diced potatoes.

2 (16 oz.) cans beans (pinto, kidney, black, white, chick peas, etc.).

4 oz. egg noodles, macaroni, pasta.

½ cup uncooked rice.

Step 6 Choose a broth – you need 4 cups (1 quart)

2 (16 oz.) cans chicken, beef, and/or vegetable broth.

4 cups water and chicken, beef, or vegetable bouillon.

1 can crushed or diced tomatoes and 3 cups water.

4 cups milk and chicken bouillon.

Any combination of above to make 1 quart.

Step 7 Choose one or more seasonings

1 – 2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, parsley, etc.).

Bay leaf.

1 – 2 tablespoons fresh herbs.

Minced garlic.

Directions Heat fat in large soup pot. Add onion and cook until tender. Add remaining ingredients (except *fresh* herbs). Partially cover pot and simmer until meat is cooked and starch and vegetables are tender (about 20 – 30 minutes). Add fresh herbs. Season with salt and pepper to taste. Simmer another 5 minutes. Serve.

Note: Beans can serve as protein or starch.

Suggestions

Chicken & Rice Soup - Combine onion, celery, carrots, chicken, rice, chicken broth, rosemary, parsley, and garlic.

Beef and Vegetable Soup - Combine onion, potatoes, carrots, celery, beef, crushed tomatoes, beef broth, oregano, basil, parsley, and bay leaf.

Black Bean and Corn Soup - Combine onion, green pepper, corn, green chilies, black beans, rice, crushed tomatoes, chicken broth, oregano, cumin, chili powder, cilantro, and garlic.

Cream of Broccoli or Potato Soup – combine onion, broccoli or potato, celery, cheese, milk, chicken bouillon, and garlic. Mash or blend together.

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Create a Sandwich!

Create a tasty sandwich, wrap, or pocket from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each serves 1 adult.

Step 1 Choose one wrap

- 2 slices of bread.
- 1 bun or roll.
- 1 tortilla.
- ½ pita.

Step 2 Choose one or more proteins

- Cooked, sliced or cubed roast, chicken, turkey, ham, bacon.
- Sliced, cubed, or shredded cheese.
- Cooked dried beans (pinto, black, chick pea, kidney, etc.).
- Hard-boiled or scrambled egg.
- Peanut or almond butter.

Step 3 Choose one or more fillings

- Lettuce, tomato, onion, sprouts, green pepper, banana pepper, celery, olives, pickles, potato, avocado, corn, etc.
- Apple, grapes, pear, pineapple, etc.
- Jam, jelly, honey.
- Nuts (walnuts, pecans, almonds, pine nuts).

Step 4 Choose one or more spreads

- Mayonnaise, mustard, ketchup, butter, ranch dressing, Italian dressing, hummus, etc.

Directions

Some wraps are better eaten cold and some are better cooked.

For a cold wrap: Select foods from each category. Place spread directly on bread or tortilla or inside pita pocket. Build wrap by placing remaining ingredients on one side of bread or tortilla or inside pita pocket. Cover sandwich with other slice of bread or roll tortilla up.

For a cooked wrap: Select foods from each category. Cook filling ingredients in 1 teaspoon oil or butter until soft. Add protein and heat through. Add spread to moisten the mixture. Place mixture on one side of bread or tortilla or inside pita pocket. Cover sandwich with other slice of bread or roll tortilla up.

Suggestions

BLT Pocket – Combine bacon, diced tomatoes, lettuce, and ranch dressing. Stuff inside pita pocket.

Breakfast Burrito – Combine scrambled eggs, cheese, cubed and cooked potato, onions, green pepper, avocado. Roll into a warm tortilla.

Club Sandwich – Toast 2 slices bread. Spread mayonnaise on each slice. Layer turkey, Swiss cheese, bacon, lettuce, and tomato between slices of toasted bread. Cut into 4 triangles.

Chicken Waldorf Sandwich – Combine cubed chicken, apples, grapes, celery, walnuts, and mayonnaise or ranch dressing. Place in a sliced croissant roll.

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Create a Stir-Fry!

Create a tasty stir-fry dish from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each stir-fry serves 4 adults.

Step 1 Warm skillet on very low heat

Step 2 Prepare one protein

1 pound raw chicken, beef, or pork cut into bite size pieces, or 1 package firm tofu cut into ½ inch cubes.

Step 3 Marinate protein

1 tablespoon soy sauce.
1 tablespoon water, chicken broth or apple juice.

Step 4 Prepare produce

1 onion, cut in wedges.
1 – 2 cloves garlic, minced.
2 cups fresh vegetables from choices below-
shredded carrots, shredded cabbage, sliced mushrooms, sliced celery, bean sprouts, zucchini, yellow squash, etc.

Step 5 Make a sauce and glaze

Sauce:

¼ cup chicken broth, ¼ cup soy sauce, 1-2 teaspoons sugar, 2-4 teaspoons vinegar

Glaze:

2 teaspoons cornstarch, 2 tablespoons water or chicken broth

Step 6 Turn heat on skillet to high

Make sure all ingredients are close at hand.

Directions

Add 1 tablespoon oil and ½ of protein to pan. Stir-fry until well browned and cooked through, about 2-3 minutes. Transfer to clean bowl and stir-fry remaining protein the same way. Transfer to bowl. This helps to keep the pan hot.

Add 2 tablespoons oil to pan. Add onion and fry until browned but still crisp, about 1 minute. Add garlic and stir. Add half of vegetables and stir a few minutes, then add remaining vegetables. Stir-fry until vegetables are tender-crisp.

Return protein to pan and stir in sauce until everything is well coated. Stir in glaze and fry until sauces in pan are glossy.

Serve immediately with noodles or rice.

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Create an Omelet!

Create a tasty omelet from simple foods. Just follow each step. Use your imagination! Each omelet serves 1 adult.

Step 1 Crack two eggs in a small bowl.

Step 2 Add salt, pepper, water, and herbs to bowl and gently stir.

Water – 1 tablespoon

Herbs – 1 tablespoon of chives and/or parsley (optional)

Step 3 Heat omelet pan or non-stick skillet over high heat and add pat of butter.

Step 4 Add egg mixture and tilt pan to evenly coat bottom of pan with eggs.

Step 5 Pull cooked egg from edge of pan with spatula and let liquid eggs run underneath.

Step 6 Add fillings of choice-

Grated cheese – Cheddar, Mozzarella, Swiss, American, Parmesan, Feta, etc.

Cooked meat – ham, bacon, Canadian bacon, chicken, etc.

Vegetables – onion, green pepper, tomatoes, salsa, green chilies, etc.

Step 7 Fold omelet in half and slide onto plate.

Directions

The pan should be very hot when you add the butter so that it sizzles. As soon as the butter melts, tilt the pan to coat the bottom with the butter and then pour the egg mixture into the pan. Spread the mixture over the bottom of the pan. Gently start pulling the cooked egg to the center of the pan and let the liquid egg run underneath. When the eggs are mostly set but the top is still a little runny, add any filling of choice. Fold the omelet in half with a spatula and carefully slide it onto a plate.

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