

▶ MAKE EASY AND HEALTHY FAMILY MEALS!

A few steps can help you make easy, healthy family meals on a budget. Find time to plan and prepare healthier meals each week. Use the time you save to enjoy your family.

▶ PLAN

Plan your family meals. Think about meals, snacks, and beverages you will serve throughout the week. Write down a list of foods you need to prepare your meals or keep the list in a wallet, purse, or on a mobile phone. Focus your budget on foods that are healthier for your family such as vegetables, fruits, whole grains, dairy, and protein foods.

- **Use a shopping list to stay on track.** Review coupons and sales to find less expensive foods. Look in newspapers or weekly store flyers to find sales and coupons for foods that you need. 💰
- **Join a store's bonus or reward card program to receive more savings.** Visit the store's customer service desk or website for information about how to sign up. 💰
- **Choose foods that cost less all year long.** Beans and eggs are low-cost healthy protein foods. Frozen vegetables like spinach and green beans are also low-cost options. 💰
- **Stock your kitchen.** Select foods that you can make and serve quickly on busy days, such as:
 - Canned beans and fish
 - Canned low-salt or low-sodium vegetables or soups
 - Whole-grain pasta, brown rice, and quick-cooking oats

- **Store fresh foods right away to keep them fresh longer.** Use fresh fruits, vegetables, and milk quickly to prevent them from spoiling.
- **Buy fruits and vegetables in season.** Some fruits and vegetables, such as peaches or corn, are cheaper when you buy them in season. Look for sales in the grocery store and your local farmers markets for cheaper choices. Many farmers markets accept SNAP benefits. 💰



Keep ingredients such as seasonings, flour, baking powder, herbs, and oils in your pantry to help you quickly prepare healthy meals.

💰 BUDGET-FRIENDLY TIP

HANDOUT:
MYPLATE FAMILY MEALS