

# Top 10 Meal Planning and Shopping Tips

## Meal planning tips for busy families

- ◆ **Dried Fruits.** Dried fruits are a quick easy addition to yogurt or cereal and make a great snack in between meals.
- ◆ **Leftovers.** Use leftovers to create a whole new meal. Some ideas include casseroles, wraps, and quesadillas.
- ◆ **Convenience.** Utilize frozen or canned vegetables for busy nights during the week.
- ◆ **Experiment.** Try a new fruit or vegetable or prepare a familiar one in a new way.
- ◆ **Seasoning Combinations.** Buy unseasoned frozen vegetables and create new tasty meals with a variety of spices and herbs.
- ◆ **100 % Juice.** Look for fruit and vegetable juices that say 100 % juice!
- ◆ **Smoothies for Breakfast.** Frozen fruit makes a great breakfast for busy mornings.
- ◆ **Easy to Grab & Go.** Fill a bowl with fruit that your family can easily grab on the go.
- ◆ **Meatless Meals.** Plan one or more meatless meals a week. One great option is canned or dried beans in a chili or dish.
- ◆ **Make More.** Plan leftovers for a ready made meal.



Adapted from "Top 10 Meal Planning & Shopping Tips" from USDAS Fruit and Veggies More Matters. Created by AmeriCorps member Amy Houser.

