

## Make weekly meal planning easy

**W**ith our busy lives, it can sometimes seem hard to find time for meal planning. But it doesn't take a lot of time, work or money to make tasty meals for the week. Anyone can do it. You can make eating each week simple and healthy with a little planning. You can even get your kids involved. Meal planning is a smart way to be a little healthier.



Photo above by Wavebreakmedia, below by Ben6, courtesy iStockphoto

### Quick facts on meal planning:

**1** First, ask yourself what you like to eat. You are more likely to stick with meal planning if you choose foods you already like. Easy recipes with just a few steps are often a good way to begin.



**2** Sometimes people have a tough time deciding how much food to buy. If you buy in bulk, only purchase what you will eat before the food spoils.

**3** It is good to have a variety of fresh fruits and vegetables. It's cheaper to buy whole fruits and veggies. But you can save lots of time buying pre-packaged produce. This can also help you keep track of portion sizes.

**4** Instead of making one dish for the whole week, buy ingredients that work for different dishes. Pre-chopped onions, peppers and tomatoes can be used in both spaghetti and tacos, for example.

**5** Keep your pantry organized and well stocked. Beans, olives, tuna, noodles, rice and soup are all good bases for many meals. This can make your prep simple.



>> For more information on meal planning, visit [www.eatright.org](http://www.eatright.org)

### HOW CAN WELLNESS@WORK HELP?

- Come to the March 20 Lunch & Learn: "Meal Planning & Preparation for Make & Take Meals"
- The clinic dietitian would love to help you identify strategies for meal planning that will work for you. Schedule an appointment through the W@W portal or call 919-968-2796.

