

Family Meals – **FAST**, Healthful!

Shop for time savers.

- **Buy partly prepared foods.** Try grated cheese, cut-up chicken, and mixed salad greens to save time. These foods often cost more, so check the price.
- **Stock your kitchen.** Get foods that you can make and serve in a hurry, such as:
 - Canned fruit
 - Canned or frozen vegetables and beans
 - Canned meat, poultry, and fish
 - Canned soups or stew
 - Whole-grain bread
 - Pasta
 - Rice
 - Cheese
 - Low-fat yogurt
 - Frozen meals

Save time in your kitchen.

- **Cook once for everyone.** Does your child like plain vegetables, meat, rice, or noodles? If so, set some aside before you add other ingredients. You won't need to take time to prepare different foods.
- **Cook a fast way.** Broil, stir-fry, or microwave when you can. Roasting and baking take longer.
- **Make no-cook meals:** salads with canned tuna, chicken, or beans; cold sandwiches; raw vegetables and yogurt dip; fruit. Hint: Kids like finger foods!
- **Double or triple the amount.** Cook for today and later. You can make enough meat sauce for spaghetti today and for topping a baked potato tomorrow.

Enjoy kitchen help.

- **Involve your little helper.** Ask your child to set the table, pour milk, or do other simple tasks. In time, children develop the skills and confidence to help even more. Preparing family meals also gives you time together, even on busy days.

