

Meal planning is the secret to healthy eating. It can be very difficult to create healthy meals and snacks if their ingredients are not in your pantry. Take a few minutes each week to think about your meals and snacks for the week.

Sounds too hard? Not at all, we have started it for you with our easy tips ...

The wonders of meal planning:

- Saves time, money and stress
- Makes shopping easier
- Encourages food variety & nutritional adequacy
- Minimises impulsive eating
- Can reduce household food waste
- Less reliance on takeaway foods



The how of meal planning:

- Set aside 10 minutes to plan your meals and snacks for the week
- Accommodate dietary requirements and food preferences
- Include any social commitments
- Stick the meal plan on the fridge for easy reference
- For nutritious recipes, visit www.actnss.org and www.projectdinnertime.org

Meal planning tips

- Freeze leftovers into meal portions for another meal during the week
- Use up any leftover vegetables at the end of the week by making up a batch of soup, stew or stir fry. Omelettes and frittatas are another great way to make the most of leftover vegies.
- Have a stash of healthy snacks that you can eat on the go. Nuts, dried fruit, small tins of baked beans and fresh fruit all travel well.
- Don't be afraid to pack a lunchbox! A packed lunch will save you money and also gives you more control over healthy choices. Use an ice brick or a small frozen water bottle to keep foods safe enough to eat.

Sample meal plan

Meals/snacks		Food Group Serves
Breakfast	Porridge made with milk served with fresh/tinned fruit	2 grains 1 dairy and/or alternative ½ fruit
Lunch	Salad sandwich <ul style="list-style-type: none"> - 2 slices whole meal/grain bread - Lean meat + salad Natural yoghurt with sliced fruit	2 grains 1 meat and/or alternative 1 vegetable 1 dairy ½ fruit
Dinner	Vegetable curry with lentils served with rice	3 serves vegetables 1 meat and/or alternative 2 grains
Snacks	<ul style="list-style-type: none"> • 1 medium piece of seasonal fruit • 3 crispbreads and 40g cheese • Vegetable sticks with 1½ tbsp peanut butter 	1 fruit 1 dairy and/or alternative 1 meat and/or alternative 1 vegetable 1 grain
Total daily food group serves:		5 vegetables 2 fruit 7 grains 3 meat and/or alternatives 3 dairy and/or alternatives

Do you want to know more about healthy eating? We are here to help!

Visit www.actnss.org today