

Family Meals - **FAST**, Healthy!

You're running in ten directions! It's 4 p.m. You need to pick up your child at day care, stop at the store, and run several errands. How do you put a healthy dinner on the table, too?

A few time-saving steps can help you prepare an easy family meal -with less stress. Use the time you save to enjoy your family.



Plan ahead.

- **Keep meals simple!** Food that keeps your family healthy can be quick to prepare. Unless it's a special occasion, spend time together, not making time-consuming meals!
- **Cook when you have more time** - maybe on weekends. Make soups, casseroles, or stews, to freeze for the next week.
- **Do some tasks ahead of time** - a few hours or the day before your meal. Wash and trim vegetables or make fruit salad. Cook noodles for pasta salad. Cook lean ground meat for tacos.



Three Quick-To-Fix Family Foods

- **Hearty soup:** Add canned or frozen vegetables to tomato or chicken soup.
 - **Pasta dish:** Mix chopped lean ham or deli meat, and cooked vegetables into macaroni and cheese.
 - **Hearty stuffed potato:** Serve homemade or canned chili over a baked potato or rice.
- **Have your children help!** -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.

Your ideas:

1. _____
2. _____
3. _____