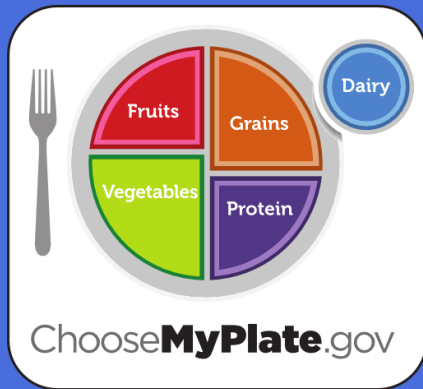


# MyPlate



"...is a reminder to find your healthy eating style and build it throughout your lifetime."

## 5 Main Food Groups:

- Fruits
- Vegetables
- Grains
- Protein
- Dairy

## Key Tips:

- Make half of your plate fruits and vegetables
- Focus on whole fruits
- Vary your veggies
- Make half of your grains whole
- Have multiple protein sources a week

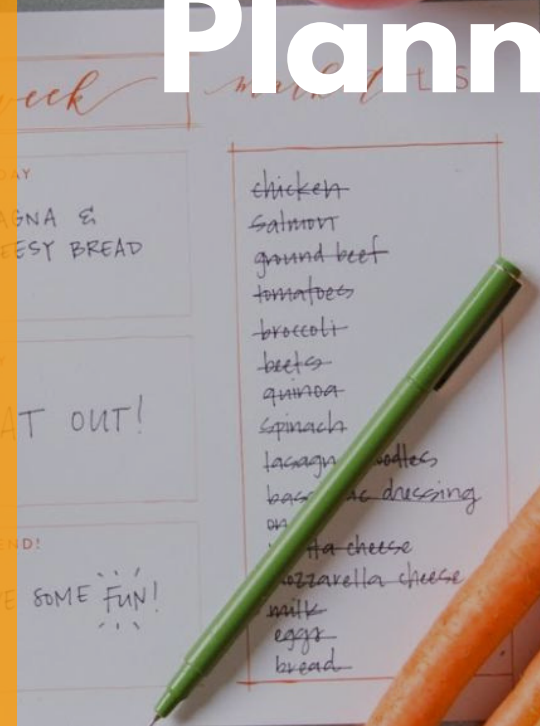
# Meal Planning and Preparation



By: Holly Crozier and Kasey Voeller. IUPUI Dietetic Interns. January 2018.

[www.choosemyplate.gov](http://www.choosemyplate.gov)

# Let's Learn: Meal Planning



# Tips

## 1. Plan your meals

- Use things you already have
- Work around your schedule
- Utilize a planning worksheet (write it down)
- Plan for leftovers

## 2. Make a shopping list

- Use your meal planning worksheet to make a grocery list
- Organize your list into food groups or grocery store sections
- Add foods to the list as you run out of them

## 3. Save money at the store

- Dual use ingredients
- Don't shop hungry
- Utilize coupons or loyalty programs
- Buy seasonal produce


**CREATE A GROCERY GAME PLAN**  
**WEEKLY CALENDAR**

	SUN	MON	TUE	WED	THU	FRI	SAT
BREAKFAST							
LUNCH							
DINNER							
SHACKS							

NOTES:  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

# Benefits

## 1. Saves money and time

- Increases time for family and leisure
- Using leftovers and decreasing food waste saves money

## 2. It is a family affair

- Give everyone a task
- Get family input on meals

## 3. Allows the diet to be more well balanced and healthful

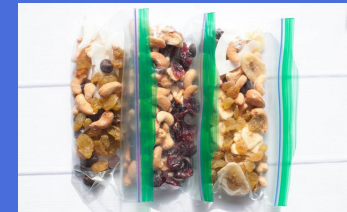
- Decreased fast food trips
- Planning well-balanced meals



# Equipment

## 1. Plastic storage bags

- Freezer meals
- Chopped vegetables
- Snack Bags



## 2. Disposable Pans

- Meatloaf
- Casseroles
- Pasta dishes



## 3. Reusable storage containers

- Leftovers
- Daily meals
- Lunches

