

We all want the best for our children. It begins with good nutrition. **Meal Planning Made Easy** can help.

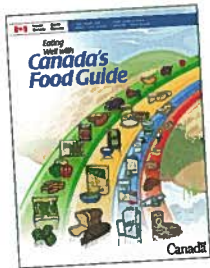
Smart tips for meal planning

Plan ahead for one dinner or a full week of dinners – whatever you can manage. With a meal plan in place, you'll find mealtimes less stressful. You'll also eat healthier, and you'll save money and time too! These tips will help you plan:

- Use up the foods you have on hand first.
- Ask your children for ideas.
- Plan meals to suit your activities for the week.
- Follow Canada's Food Guide.
- Reinvent leftovers.

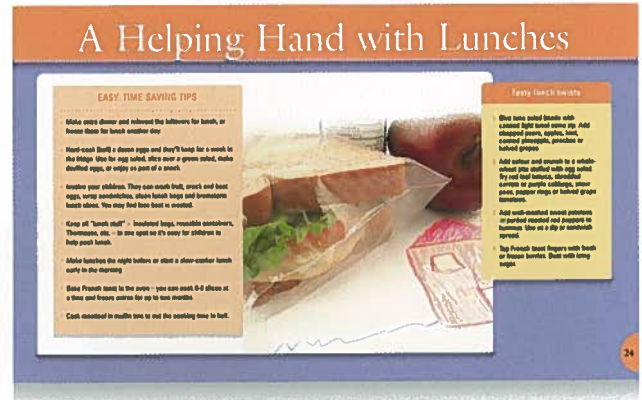
5 ways to help your child eat right

1. **Shop, cook and eat together.**
2. **Make one meal, not separate meals.** Serve a food your child will eat (even bread) so nobody goes hungry.
3. **Stick to a routine.** Serve three meals and two or three small snacks. No grazing!
4. **Trust your child's appetite.** Let your child decide what and how much to eat from the healthy foods you offer.
5. **Turn off the TV.**



Find out more about healthy eating

- Speak to a registered dietitian for FREE advice. Call EatRight Ontario at **1-877-510-510-2** or visit www.Ontario.ca/EatRight.
- Review Canada's Food Guide at www.healthcanada.gc.ca/foodguide.



A week's supply of tasty, budget-wise meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Egg fried rice with veggies (frozen) Plain yogurt with canned apricots Milk	Homemade whole-wheat macaroni and cheese with broccoli Baked apples Carrot sticks Milk	Tomato-bean soup 1/2 cheese sandwich Cinnamon-raisin bread pudding Water	Salmon (canned) and sweet potato cakes Peas (frozen) Brown rice Fruit smoothie	Omelettes with leftover meats/veggies Whole-grain toast Sliced fruit Milk

Looking for more great ideas?

Download **Meal Planning Made Easy** at www.mealplanningmadeeasy.ca or order a copy from Egg Farmers of Ontario, 7195 Millcreek Drive, Mississauga, ON L5N 4H1

Aussi disponible en français.