

# Display

**Plan Ahead!**

**Prepare meals in  
Advance**

**Stock the Basics**

**Fruit**

**Healthy Meals in  
a Hurry!**



**Vegetables**

**Dairy**

**Grains**

**Protein**

**Safely Storing  
Leftovers**

**Reheating  
Leftovers**

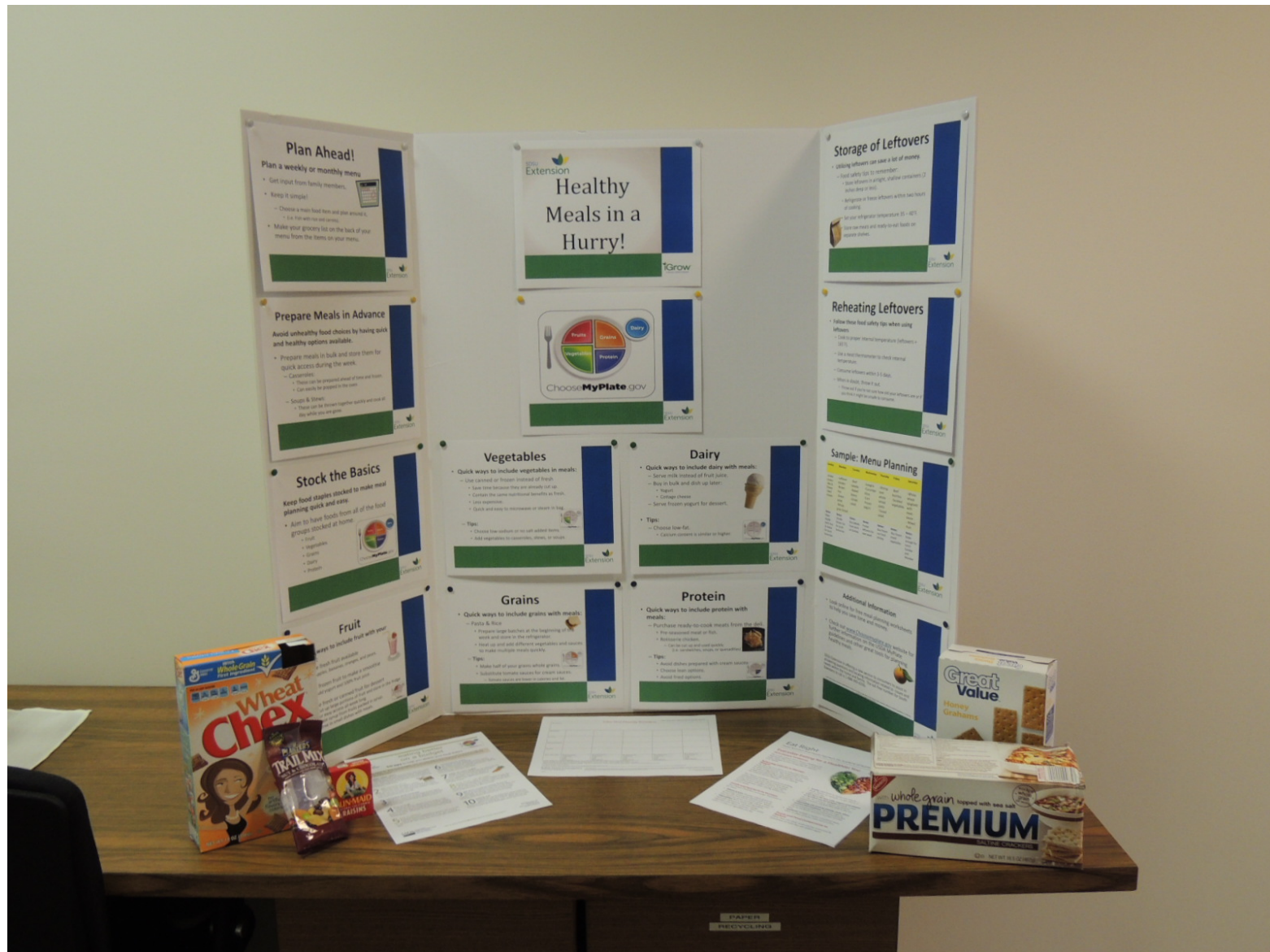
**Sample Menu**

**Additional  
Information**

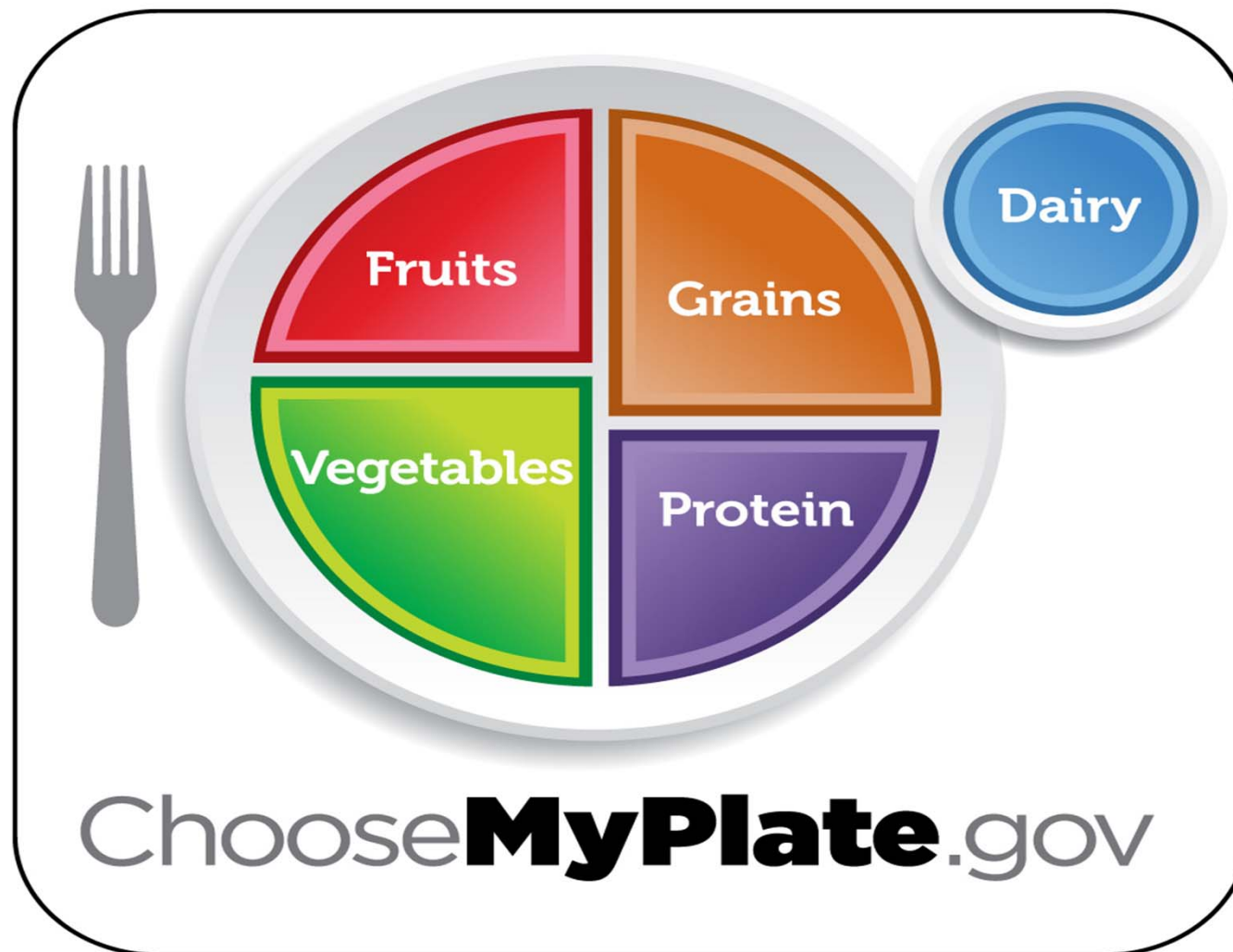
# Materials Needed

- Tri-fold display board, 48"x 36".
- Tacks to attach paper to board.
- Printed PowerPoint slides (14) on cardstock weight paper.
- Variety of healthful choice of food packages, see photo.
- **Suggested handouts:**
  - 10 tips "Eating Better on a Budget", ChooseMyPlate.gov:  
<http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>,
  - 5-Day Meal Planning Worksheet,  
<http://www.extension.iastate.edu/efnep/web/fivedayplanningworksheet.pdf>
  - Everyday Eating Tips for a Healthier You,  
<http://www.eatright.org/nutritiontipsheets/>.
- **Food Sample Suggestions:**
  - Fresh fruit and/or vegetables; yogurt with a selection of raisins, nuts, fruit, granola; fruit smoothie; etc.
- **References:**
  - USDA.gov, ChooseMyPlate.gov, eatright.org, Iowa State Extension.

# photograph of display



# Healthy Meals in a Hurry!



# Plan Ahead!

## Plan a weekly or monthly menu

- Get input from family members.
- Keep it simple!
  - Choose a main food item and plan around it,  
(i.e. Fish with rice and carrots).
- Make your grocery list on the back of your menu from the items on your menu.



# Prepare Meals in Advance

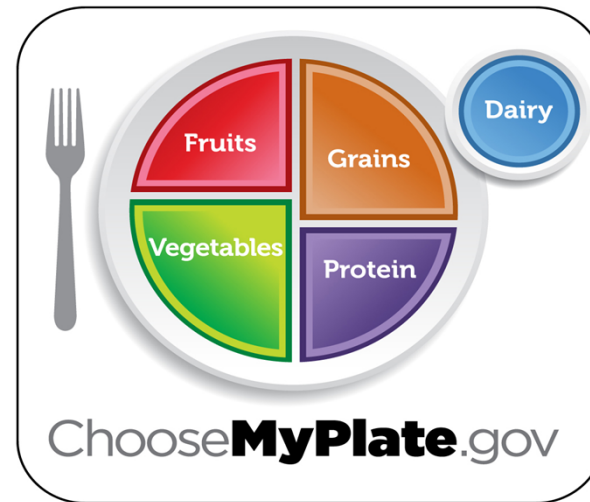
**Avoid unhealthy food choices by having quick and healthy options available.**

- Prepare meals in bulk and store them for quick access during the week.
  - Casseroles:
    - These can be prepared ahead of time and frozen and re-heated in the oven.
  - Soups & Stews:
    - These can be thrown together quickly and cook all day while you are gone.

# Stock the Basics

Keep food staples stocked to make meal planning quick and easy.

- Aim to have foods from all of the food groups stocked at home.
  - Fruit
  - Vegetables
  - Grains
  - Dairy
  - Protein





# Fruit

- **Quick ways to include fruit with your meals:**

- Have fresh fruit available

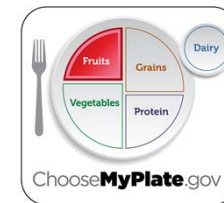
- Apples, bananas, oranges, and pears.

- Use frozen fruit to make a smoothie

- Add yogurt and 100% fruit juice.

- Have fresh or canned fruit for dessert

- Cut up large portions of fruit and store in the fridge for easy access all week long.
- Drain syrup from fruits packed in syrup.
- Serve in small dishes with meals.



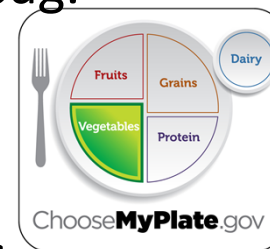
# Vegetables

- **Quick ways to include vegetables in meals:**

- Use canned or frozen instead of fresh
  - Save time because they are already cut up.
  - Contain the same nutritional benefits as fresh.
  - Less expensive.
  - Quick and easy to microwave or steam in bag.

- **Tips:**

- Choose low-sodium or no salt added items.
- Add vegetables to casseroles, stews, or soups.



# Grains

- **Quick ways to include grains with meals:**

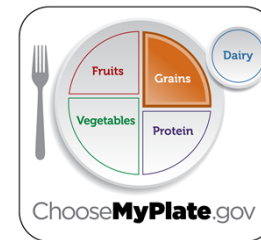
- Pasta & Rice

- Prepare large batches at the beginning of the week and store in the refrigerator.
    - Heat up and add different vegetables and sauces to make multiple meals quickly.



- **Tips:**

- Make half of your grains whole grains.
    - Substitute tomato sauces for cream sauces.
      - Tomato sauces are lower in calories and fat.



# Dairy

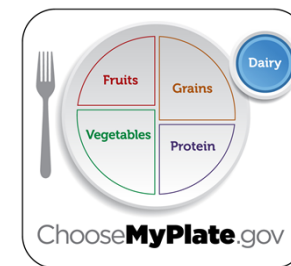
- **Quick ways to include dairy with meals:**

- Serve milk instead of fruit juice.
- Buy in bulk and dish up later:
  - Yogurt
  - Cottage cheese
- Serve frozen yogurt for dessert.



- **Tips:**

- Choose low-fat.
  - Calcium content is similar or higher.



# Protein

- **Quick ways to include protein with meals:**

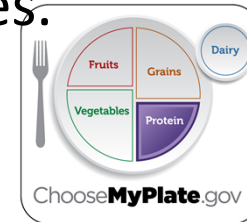
- Purchase ready-to-cook meats from the deli.

- Pre-seasoned meat or fish.
- Rotisserie chicken.
  - Can be cut up and used quickly.  
(i.e. sandwiches, soups, or quesadillas)



- **Tips:**

- Avoid dishes prepared with cream sauces.
- Choose lean options.
- Avoid fried options.



# Storage of Leftovers

- **Utilizing leftovers can save a lot of money.**
  - Food safety tips to remember:
    - Store leftovers in airtight, shallow containers (2 inches deep or less).
    - Refrigerate or freeze leftovers within two hours of cooking.
    - Set your refrigerator temperature 35 – 40°F.
    - Store raw meats and ready-to-eat foods on separate shelves.



# Reheating Leftovers

- **Follow these food safety tips when using leftovers**
  - Cook to proper internal temperature
    - Reheat leftovers to 165°F.
  - Use a meat thermometer to check internal temperature.
  - Consume leftovers within 3-5 days.
  - When in doubt, throw it out.
    - Throw out if you're not sure how old your leftovers are or if you think it might be unsafe to consume.

# Sample: Menu Planning

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-Grilled chicken -Mac & Cheese -Salad -Grapes	-Leftover chicken -Brown rice -Green salad -Whole grain bread	-Beef kabobs -Baked beans -Greek salad	-Lasagna -Cucumber slices -Corn -Frozen yogurt	-Shrimp over whole wheat pasta -Tossed salad	-Beef burritos -Sautéed vegetables	-Whole wheat spaghetti with meat sauce - Mixed fruit
<b>Notes:</b> Make double batch mac & cheese for lunch tomorrow	<b>Notes:</b> Double brown rice for lunch tomorrow	<b>Notes:</b> Buy kabobs from store on Sunday.	<b>Notes:</b> Freeze leftovers for next week	<b>Notes:</b> Buy frozen not fresh shrimp	<b>Notes:</b> Buy frozen mixed vegetables	<b>Notes:</b> Make enough for lunch Sunday and Monday



# Additional Information

- Look online for free meal planning worksheets to help you save time and money.
- Check out [www.Choosemyplate.gov](http://www.Choosemyplate.gov) website for further information on the USDA MyPlate guidelines and other great tools for planning healthy meals.



SDSU Extension is offering a new service to consumers to assist in answering questions and locating information related to issues and needs within the home and family. The toll free number for South Dakotans to call is 1-888-393-6336.



South Dakota State University, South Dakota counties, and USDA cooperating. South Dakota State University adheres to AA/EEO guidelines in offering educational programs and services.