

Healthy You Meal Planning Activity



Let's put what we have learned all together and plan **one day** of healthy meals!

Activity: With a group of 3-5 people plan a day of meals.

Tools For Activity:

- "The Menu Planner" re-usable menu planning tool
- Healthy You Meal Planning Toolkit
- Shopping List (on "The Menu Planner")

Instructions:

1. Start by discussing as a group, what kinds of meals you might want to include. Think about the foods that you currently have in your cupboards at home. You may want to use some of the tools in your "Meal Planning Toolkit" to give you some ideas:
 - Suggested Pantry List
 - Reducing Fat in Recipes (helps you cut the fat in your favorite dishes)
 - Easy Skillet Casseroles (one dish, less mess)
2. Use "The Menu Planner" to plan a whole day's worth of meals based on your group discussion.
3. Use the Meal Planning Checklist to see how your meals stack up.

√	Meal Planning Checklist
	Did you plan meals around the healthy plate model?

	Did you use whole grain and high fibre breads, buns, bagels, tortillas, rice, pita and pasta more often?
	Did you use lower fat milk products more often, such as skim or 1% milk and yogurt with less than 2% M.F.?
	Did you maximize nutrient intake by consuming a variety of different foods from within each food group each day? For example, eating five different fruits and vegetables each day provides far more nutritional benefits than simply eating five apples.
	You don't need to give up your favourite foods that are high in fat, sugar, calories or sodium. Did you plan to eat those foods less often and/or have smaller amounts?
	Did you try adding high fibre, high water foods (Volumetrics) to make your meals more satisfying?

4. When ready, share your meal plan with the larger group.

Bonus Step !

5. If your group has extra time, you can take meal planning a step further and use the Shopping List on "The Menu Planner" to make a list of what you will need to buy to prepare your meals.