Plan ahead for healthy eating!

Healthy eating happens when you plan the foods you will buy, cook and eat. Make each choice at the grocery store a healthy one for yourself and your family. Before you go shopping, follow these steps to plan for healthy eating. They will also save you time and money!

Plan a menu
Each week, plan a menu of meals and snacks. Ask your children to help you.
Start by planning your supper meals and then add in breakfast, lunch and snacks.
Canada's Food Guide will help you make healthy choices and add variety to your menu.
http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php. Plan each meal to include foods from 3-4 food groups. Have each snack include food from 2 food groups. Think about trying a new recipe each month. Plan to use leftover food for other meals.

Check what you have at home
Look in your fridge, freezer and cupboards to see what you already have. Include these foods in your menu plan.

Check flyers and clip coupons
Check flyers for foods that are on sale. Cut out coupons for foods you normally buy. Some stores "price match;" if you bring in a flyer from another store, the store will give you the same item for the lowest advertised price.

Make a grocery list
Make a list of the food you need to buy. By sticking to your list, you will have all the ingredients you need. You will also save money by not buying extra food that may go to waste.

Post your menu
Put your menu on the fridge for everyone to see. This will help you stick to the healthy meals you planned. It may also inspire children to help out with the meal!

March is Nutrition Month. Visit www.nutrition2013.ca for more great tips on how to plan, shop, cook and enjoy!

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www.hamilton.ca/nutrition