



Hey,
Mom!

WHAT'S FOR DINNER?



WHAT'S COOKING?

It starts with a plan and a list

Adapted from "What's Cooking? It starts with a plan and a list," California WIC Program, California Department of Public Health

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We will discuss...

- Meal planning
- Grocery lists
- Smart shopping tips



Benefits of Meal Planning



Save Time



Save Money



Shop Less Often



Eat Healthy



Meals to Table Quicker

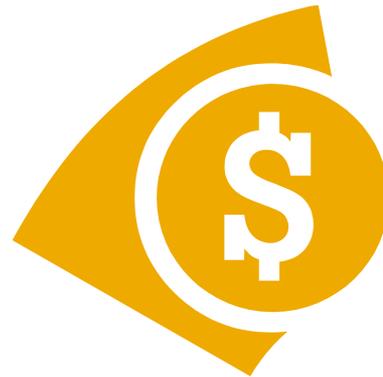
Sample Meal Plan

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

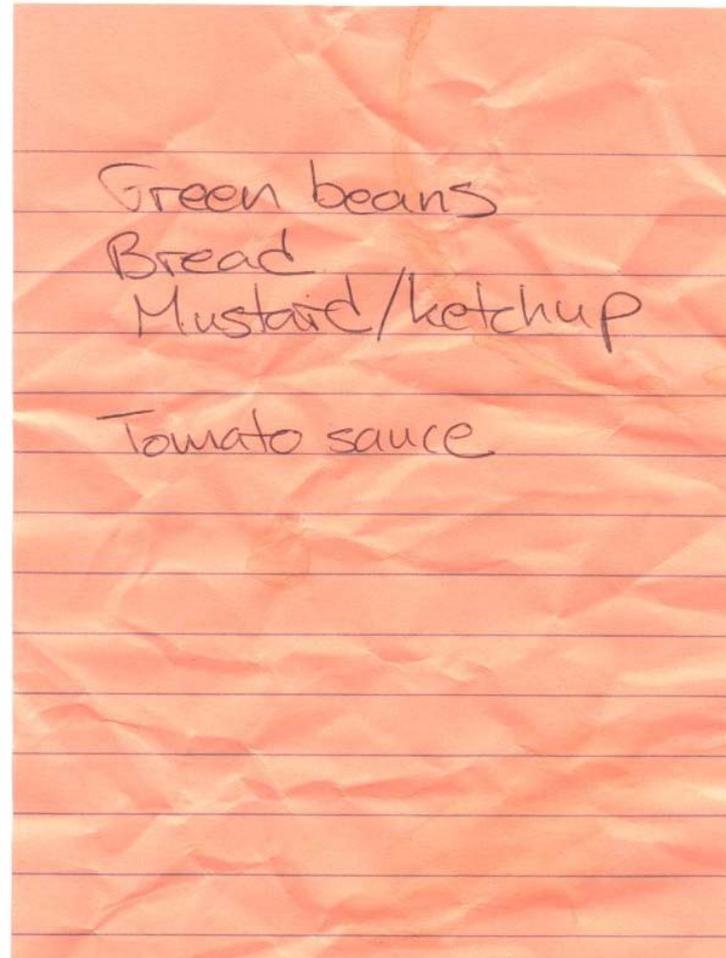
	Breakfast	Lunch	Dinner	Snacks
Saturday	Scrambled Eggs w/ Cheese, Baked Tater Tots, Toast Milk, Fruit or Juice	Shopping (Eat Out)	Baked Pork Chop, Green Beans, Cole Slaw, Bread, Milk	Fruit, Cheese Cubes or Granola Bar
Sunday (Family for lunch)	Cereal Milk Fruit or Juice	Spaghetti, Green Salad w/ Vinegar/Oil Dressing, French Bread, Milk	Peanut Butter & Jelly Sandwich, Carrot Sticks, Yogurt, Water	Fruit String Cheese
Monday (Mike working late home 6:00)	Oatmeal Milk Fruit or Juice	Tuna Fish Sandwich, Carrot Sticks, Fruit, Milk	Chicken Stir-fry w/ Vegetables, Steamed Wild Rice, Ice Cream, Water	Fruit Yogurt
Tuesday	Bagel Fruit Smoothie Yogurt	Spaghetti (leftovers), Green Salad, Fruit, Milk	Beef Tacos w/ Cheese, Tomatoes, Lettuce, Onion; Beans; Rice; Milk	Celery Sticks w/ Peanut Butter
Wednesday	Cereal Milk Fruit or Juice	Beef Tacos w/ Cheese & Vegetables (leftovers), Yogurt, Fruit, Milk	Baked Chicken, Mashed Potatoes, Broccoli, Milk	Fruit Granola Bar
Thursday (Meeting at 6:30)	Oatmeal Yogurt Fruit or Juice	Macaroni & Cheese, Celery Sticks, Fruit, Milk	Vegetable Soup, French Bread, Frozen Yogurt	Nuts Carrot Sticks
Friday	Cereal Milk Fruit or Juice	Chicken Salad Sandwich (leftovers), Fruit, Carrot Sticks, Water	Homemade Pizza, Green Salad, Milk, Water	Fruit Crackers

A grocery list can help you...

- Control spending
- Avoid impulse buying
- Save time
- Improve nutrition



A shopping list can be simple...



Green beans

Bread

Mustard/ketchup

Tomato sauce

or detailed.

Grocery list 8/9/04

Apples, bananas, grapes

Baby spinach leaves

Carrots

(4) sweet potatoes

Whole wheat bread

Orange juice

1% milk

Yogurt (strawberry, vanilla)

All-purpose flour

Peanut butter - crunchy

Dried kidney beans

Graham crackers

~~Cereal~~ Oatmeal

Your list could even include your meal plan.

Breakfast

Toast

eggs

juice

Double
the
recipe →

Mon. - Spaghetti, green beans

Tues. - Vegetable soup w/ cheese toast

Wed. - Vegetable soup, crackers

Thurs. - Taco Salad

Fri. - Tuna Mac, salad, carrots

Don't forget your WIC foods.



Milk
bread
apples
Cereal
lettuce
grapes

Smart Shopping Tips

- Plan meals
- Shop with a list
- Shop when you are not hungry
- Use coupons and look for specials



Smart Shopping Tips

- Compare unit prices
- Consider the store brand
- Buy fresh fruits and vegetables in season



Smart Shopping Tips

- Buy plain vegetables and add your own seasonings
- Look for sales on lean meats and skinless chicken



How will this work for your family?



What's Cooking?

You are!



Arkansas WIC Program

1-800-235-0002

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