

THE MEAL PLANNING PARENT WHERE DO I FIND IT IN MY GROCERY STORE?

		Your Best Choice									
	PRODUCE	CANNED GOODS	FREEZER AISLE	SALAD BAR	BREADS	PASTA AND RICE	BREAKFAST CEREALS	DAIRY	REFRIGERATED	MEAT AND POULTRY	SEAFOOD
Fruit	PRODUCE	CANNED GOODS	FREEZER AISLE	SALAD BAR							
Vegetables	PRODUCE	CANNED GOODS	FREEZER AISLE	SALAD BAR							
Whole Grains					BREADS		PASTA AND RICE AISLE				
Milk, yogurt, cheese								DAIRY	REFRIGERATED		
Meat, beans, fish, poultry, eggs, soy, and nuts								DAIRY	REFRIGERATED	MEAT AND POULTRY	SEAFOOD

COOKING corner

Quick Pasta and Egg Salad

- 1 (12 oz) package spiral shaped noodles (whole grain if available)
 1 (16 oz) package of mixed frozen vegetables (such as broccoli, cauliflower, and carrots)
 8 hardboiled eggs, chopped
 1 can kidney beans
 ¾ cup low fat Italian dressing

Plan Meals with MyPyramid

- Make a Grocery List and Stick to it!
 Plan ahead to save time and money
 Buy enough food to last until the next trip. Have your kids help make the grocery list. Kids are more willing to try new foods when they help.

Thaw vegetables and drain liquid (do not cook). Cook noodles in boiling water according to package directions. Drain noodles.
 In a large bowl, mix together cooked noodles, thawed vegetables, eggs, beans and salad dressing. Serve chilled.

Read Nutrition Facts Labels

Keep these Low:
 Saturated Fat
 Trans Fat
 Added Sugar

