

**Eat
Well**



EATING WELL STARTS WITH PLANNING MEALS AT HOME

Start with a plan

- Plan all meals and snacks. This helps to make healthy eating easier.
- Write down your meal and snack ideas on a piece of paper or a meal planner. You can also use your smartphone.
- Keep a grocery list handy and add items as you run out.
- Check grocery store flyers and use coupons to save money.

Stock your kitchen well

- Keep your cupboards stocked with healthier foods that are lower in fat, sodium and sugar.
- Chop extra veggies and fruit when making dinner so you have some ready for snacks, lunch or dinner the next day.

Create a meal plan with your family

- Involve your family in planning meals and snacks.
- Nurture healthy habits for life. Show your children how to plan and make healthy meals.
- Post your meal plan in the kitchen. Talk about how each person can help out. One person can help make the food while another sets the table.
- Encourage your family to try a new food or recipe every now and then.

Learn more at: HealthyCanadians.gc.ca/eatwell



Health
Canada

Santé
Canada

Canada

**PLAN
MEALS
IN
ADVANCE
TO HELP
SAVE TIME
AND
MONEY**