



Plan your meals

STEP
2

Planning your meals will help you:

- save money when shopping
- avoid mealtime stress
- enjoy fun and healthy eating.



Smart start

- 1 Check what ingredients you have at home that need to be used up.
- 2 Start by planning three dinners a week.
- 3 Plan together and make it fun.
- 4 Use your leftovers to enjoy a 'free' meal.

Smart actions

- ✓ Use a meal planner to remind yourself to plan meals.
- ✓ Take turns to have a family favourite day.
- ✓ 'Cook once, eat twice' is a great solution for time-poor families.
- ✓ Incorporate leftovers into your meal plan to avoid food waste.

Well done! Your weekly meal plan will help you eat well and reduce mealtime stress. Now you are ready for Step 3: Shop with a list.



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