

PLANNING MEALS TOGETHER

FAMILY FAVOURITES

Include your child when cooking family favourites and cultural dishes. While cooking, celebrate your culture through food by sharing stories about your family traditions, gatherings and how food has played a role in these celebrations.

Recipe name:

Yield:

Preparation time:

Cooking time:

Equipment

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-
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Ingredients

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-
-
-
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Instructions

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

WEEKLY MEAL PLANNER

There are many benefits to involving your whole family in planning meals and snacks. Family members can help in different ways by choosing meals or recipes each week, adding foods to the grocery list, checking the fridge and cupboards, checking flyers for healthy foods on sale and putting together a folder of favourite recipes.

Children learn important life skills like budgeting, organizing, reading a recipe, writing a grocery list, following instructions and measuring ingredients. They are also learning healthy food habits and skills like how to grocery shop, harvest foods, build a healthy meal, decrease food waste, and how food relates to their culture and food traditions.

When all are contributing to the important everyday experience of planning and preparing healthy and nutritious food it becomes a meaningful activity for all to enjoy together.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snacks							

SHOPPING LIST

Check flyers, ads, coupons for specials

Vegetables (seasonal, colour - dark green, red, orange, variety)	Fruits (seasonal, whole, variety)
Proteins (meats, beans, peas, fish, eggs, nuts, dairy-milk, cheese, yogurt)	Whole Grains (bread, pasta, rice, cereal)
Dried Goods (canned vegetables, fruit, dried beans, peas)	Frozen Food