



Tips for Successful Meals

Preparing food at home can be a great way to save money, express creativity, & stay on track with healthful eating. However, cooking can also be a challenge. With a few tips & tools, cooking at home becomes a little bit easier for everyone!

Keep a Well-Stocked Pantry

If you do not have time to plan some days, a well-stocked pantry can relieve some pressure when it comes time to make a meal.

Shelf Stable Products

- Dried or canned beans, peas, & lentils
- Canned vegetables with no added salt
- Whole grains (brown rice, quinoa, oats, & whole-grain pasta)
- Pouches or canned fish & chicken
- Olive, canola, or other vegetable oils
- Dried herbs & spices

Frozen Foods

- Vegetables
- Fruit
- Whole wheat pizza dough
- Frozen poultry or seafood

No Recipe Needed

- Baked fish with sautéed veggies & rice
- Black bean & vegetable burrito
- Scrambled eggs with cheese, salsa, & whole grain toast

Mix and Match

These easy combinations pair well & contain many items you may already have on hand:

- Whole grain pasta with garbanzo beans & canned tomatoes, seasoned with basil & served with a medley or microwave frozen vegetables on the side.
- Quinoa with black beans, corn, & bell pepper, dressed with olive oil & lime juice.
- Salad with lettuce, hard-boiled eggs, tuna, tomatoes, & olives, dressed with olive oil & vinegar.
- Soup using grilled or baked chicken, low-sodium broth, veggies, & brown rice.

Don't Stress

- Having pasta but forgot sauce? Toss together canned tomatoes, olive oil, & season with herbs.
- Missing sour cream? Plain Greek yogurt can be used in its place.
- Cauliflower can replace broccoli in casseroles and soups.

Invest in the Right Tools

You do not need fancy kitchen gadgets to make delicious meals. Here are some basic kitchen tools worth investing in:

- Baking sheets & roasting pans
- Stock pot, sauce pans, & skillets
- Tongs & spatulas
- Slotted & mixing spoons
- Potholders & towels
- Colander or strainer
- Mixing bowls in various sizes
- Separate cutting boards for raw & cooked foods
- Measuring cups & spoons
- Chef knives & vegetable peeler



Roles and Responsibilities for Mealtime

Adults

- Decide when children eat
- Decide what foods to serve
- Decide where children eat

Children

- Decide how much to eat
- Are allowed to refuse foods

“Why does my child struggle with fruits and vegetables?”



Juicy



Squishy



Sweet



Sour



The



same



every



time.