

Meal Planning for Health, Budget, and Time

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Today's presenters



Coletta Meyer | MS, MCHES[®], CWPC
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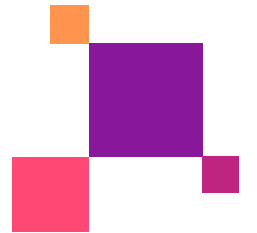


**Melanie Berdyck, MS, RDN,
CSOWM, LDN, CDCES**
Healthy Living Team | Giant Food



Agenda

- Meal planning for health and budget
- Tips for:
 - Shopping
 - Eating
 - Living



Polling Question

How often do you plan your weekly meals?

- a) At the last minute
- b) Daily
- c) Once a week
- d) Twice a week
- e) I don't currently meal plan

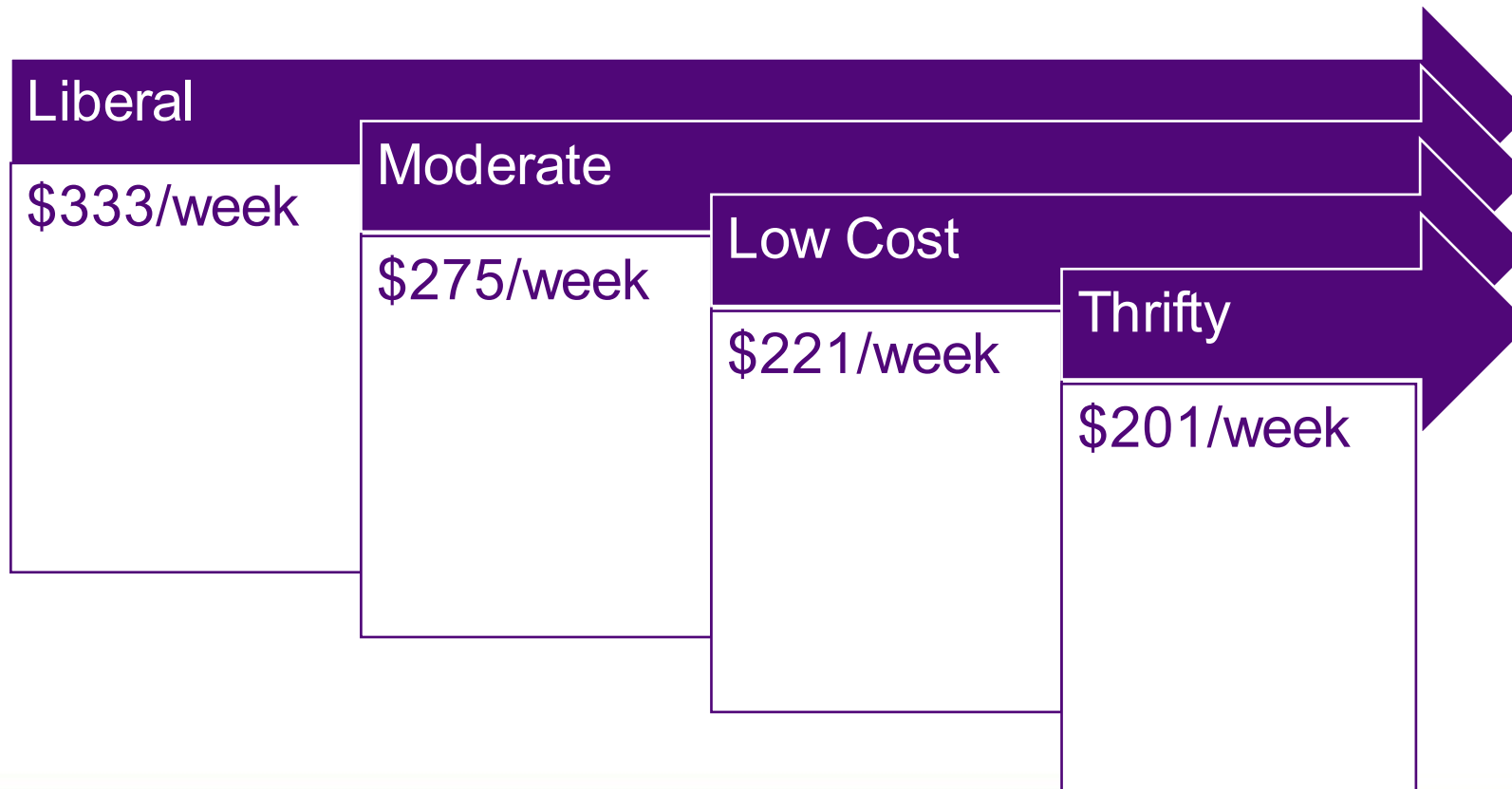


Why Meal Plan?

- Reduces stress
- Saves time
- Saves money
- Encourages healthier choices
- Helps the environment

Cost of Food (USDA) (June 2022)

- In 2020, Americans spent an average of 8.6% of their income on food
 - 5% food at home, 3.6% food away from home



Dining Out vs. Packing Lunch



2 Lunches = \$23.58 + tax



5 lunches = \$26.94 (no tax)

Dining Out vs. Making Dinner



Tikka Masala for 2 = \$31.05
plus, tax, delivery fee & tip
No extra vegetables



Tikka Masala for 4 = \$19.80
No extra cost
Lots of vegetables

Meal Planning Made Easy





Meal Ideas

- **What do I make?**
- Start with your family
- Pull out your cookbooks
- Go online: cooking websites, blogs, social media

- **How will I store ideas?**
- High tech
 - Apps, tablet or computer
- Low tech
 - Notebook, folder, bulletin board, or index cards
 - Meal journal



Polling Question

Where do you find inspiration for meals?

- a) Cooking app
- b) Favorite cookbook
- c) Cooking websites
- d) Social media
- e) My creativity! I use what's on hand.



Check Options

- **Home Inventory**
 - Check fridge, freezer + pantry
 - What needs to be used?
 - What staples do I need?
- **Grocery Store Inventory**
 - What's on sale?
 - Plan meals based on sale items
 - Seasonal items
 - Coupons: paper, digital



Develop a Game Plan

- **Grab your tools:**
 - Meal ideas, recipes
 - Calendar
 - Home + grocery options
- **Plan your days:**
 - What's scheduled?
- **Pick your recipes:**
 - Daily themes: Monday is pasta, Tuesday is fish
 - Use what you have
 - What can you cook once, eat twice?
 - Can you double it?
 - What do you need?

Balance It Out

- Use the USDA MyPlate
- ½ plate fruits & veggies
- ¼ grains
- ¼ lean protein





Tikka Masala



Shopping for Health

Before You Shop

- Have a snack
- Bring a list

In-Store

- Aim for “half cart” produce
- Avoid “impulse” aisles
- Use the “signs”

Money Savers: In the Aisles

- Store bonus card
- Sales flyer
- Stock up on sale items
- Focus on store brands
- Check unit price
- Look high and low
- Avoid impulse areas
- Focus on seasonal and sales items
- Choose “hardy” produce for longer shelf life
- Buy bagged produce
- Fresh vs. packaged
- Conventional vs. organic
- Prep work = \$ savings
- Shelf-stable: frozen and canned



Budget Friendly Staples

Produce

- Fresh: apples, bananas, leafy greens, carrots
- Frozen: veggies, veggie mixes, berries
- Canned: no/low sodium, no added sugar

Whole Grains & Starches

- Oats, whole grain pastas/bread, brown rice
- Sweet potatoes, potatoes, root vegetables

Protein

- Canned chicken/fish (tuna, salmon, sardines)
- Low-fat dairy (milk, yogurt, cottage cheese)
- Dried beans, legumes, nuts



Time Savers



Polling Question

- Approximately _____ of the food supply is wasted each year.
 - a) 30-40%
 - b) 10-25%
 - c) 5-15%
 - d) 60-75%

Answer: A



Extend Your Budget, Lower Waste

- Prepare for the week
 - Chop, slice, and peel produce
 - Boil eggs, cook beans, grill chicken
 - Portion out snacks and bulk items
- Keep fresh produce front and center
- Properly store foods



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Q&A



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Thank you

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Q&A chat will go on through 1 p.m. Eastern time

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