

MEAL PLANNING

Plan ahead

Thinking ahead and meal planning for you or your family can help you to choose healthier options, ease the daily stress of planning meals, and reduce food waste.

Planning ahead also means fewer visits to the shops.



You can use a meal planner to plan an entire week's meals and create a shopping list.

Cook in bulk

Make extra servings of meals like soups, curries and stews and freeze them to use later. Extra meals in the freezer are handy for days when you don't feel like cooking or you're unwell.

Involve family

Get everyone in your household to play a role in the kitchen.

Got kids? Get them involved with:

- planning meals
- making shopping lists
- preparing meals
- cleaning up

Older household members can take turns to plan and prepare meals.

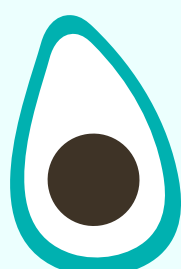


Other meal tips

Dig out some favourite recipes or be more adventurous and try different cuisines.

Don't skip breakfast!

Starting your day with a healthy meal will give you energy, can be a good source of fibre and calcium and can prevent you from over eating later in the day.



Sandwiches, wraps, salads and soups are easy meals to prepare for lunch or to have on the go. Remember to add plenty of vegetables at lunch!

Try to fill half your plate with salad or vegetables every night as per the Healthy Plate Guide.

Keep healthy snacks at home and prevent having unhealthy choices in your house.