

Plan: Know What's for Dinner

RECIPE

Chicken and Broccoli Quiche

HANDOUT

Plan: Know What's for Dinner



MATERIALS NEEDED

- Copies of the handouts for this lesson for all participants
- Shopping list or pad of paper
- Ingredients and equipment to make the recipe for this lesson
- Pens or pencils
- What's in Season Chart

OPTIONAL

- Food ads section of the newspaper or flyers from the grocery store
- Copies of Plan: Know What's for Dinner 7-day menu planner
- Flipchart and markers
- Timer
- Tape
- Copies of the *Eat Smart North Carolina: Healthy Meeting Guide*
- If necessary, copies of the vegetarian handout for this lesson (See Appendix E)

KEY MESSAGES

- Take a few minutes each week to plan “what’s for dinner,” it will save time in the long run.
- Plan weekly meals to save money.
- Plan meals to help you and your family eat smart.

OBJECTIVES

Participants will be able to:

1. create a family favorites list to help with meal planning;
2. plan a one week dinner menu; and
3. develop a grocery list for the planned menu.
4. discuss the planning of healthy meals in your faith community and at home.

LESSON OVERVIEW

PREPARING FOR THE LESSON

1. Determine lesson format most appropriate for setting and time.
2. Purchase food needed for recipe from safe sources.
3. Secure all needed cooking demonstration supplies, safe food transportation supplies, and teaching materials.
4. Pre-cook and dice chicken.
5. Pre-bake pie shells.
6. Pre-shred carrot and dice onion. Pre-cook broccoli. Save carrot for demonstration (clean, safe shredding) and demonstrate squeezing liquid from broccoli.
7. Arrive early. Wash your hands thoroughly. Clean and sanitize your demonstration or food preparation area.
8. If handwashing facilities are located in the restroom only, have hand sanitizer available for added protection when participants return to room after washing their hands.
9. Talk with Lay Leader to prepare the week's lesson. Review the Lay Leader's roles and responsibilities, using the Lay Leader Lesson Overview (Appendix H).

LESSON FORMATS	60 minutes This is an ideal lesson time frame. All elements of the entire lesson can be delivered in this timeframe.	90 minutes–2 hours Choose this format when you have participants who want a more rigorous cooking experience and the facility has a preparation kitchen. This format allows you to have everyone involved in the preparation. Discuss with faith community how to cover costs of food. Recruit and train Lay Leaders to help.
SLIDES	Use all	Use all
FOOD PREPARATION	Recipe Video and Tasting	Recipe Video, Live Demonstration, and Hands-On Preparation by Participants
PHYSICAL ACTIVITY	Balancing activity	Balancing activity and Walking with Leslie Sansone DVD*
OPTIONAL ACTIVITY	Meals to Remember plus 2-day menu	Meals to Remember plus 2-day menu

ENGAGING THE FAITH COMMUNITY

- Encourage participants to invite a friend to class.
- Suggest that class members form a faith community menu planning group. Members could get together to share favorite menu plans and recipes, check store ads, plan shopping trips, and swap coupons.
- Talk with participants about how to encourage planning healthy meals at the faith community. The Eat Smart North Carolina: Healthy Meeting

Guide can help. The guide can be downloaded at: eatSMARTmovemorenc.com/HealthyMeetingGuide/HealthyMeetingGuide.html

- Encourage the faith community to use the Healthy Meetings guide for planning meeting meals and snacks for their members and for when they host meetings that include meals or snacks.

*Available for purchase on the Faithful Families website: FaithfulFamilies.com



Media Moments

The following options are suggestions to post on faith community or program social media site and/or send via text message or email. Work with your Lay Leader to coordinate your social media efforts.

PRIOR TO CLASS

- Looking forward to sharing a new recipe with you this week. See you (day, date, and time) at (location).
- I have a (skillbuilder) with your name on it. Be present on (day, date, and time) at (location) to pick yours up. (Skillbuilder) is only available to those present during this session.
- (Faith community name) is ready to Eat Smart and Move More. Learn more at our first Faithful Families class on (day, date, time) at (location).

Did you try making last week's recipe for your family?

Yes! They ate it up!

Yum!

FOLLOWING CLASS

- Let's help each other plan. Share your favorite menu to help us build a one-month menu plan. Here's mine. Super Stir-Fry made with broccoli, carrots, red peppers, and onion served over brown rice with fresh fruit and skim milk.
- Make planning easy. Keep a running list of your staples that need to be replaced on your refrigerator. What tips do you have to help make planning easy?
- Have trouble remembering your list? Me, too. Here's a tip that works for me. Use your cell phone to take a picture of it, or if you have a smartphone, you can make a list on your phone. This way, you're more likely to have it with you at the store.
- Remember as you plan to check out what's in season for the best buys on local foods.
- What's your best "plan-over" use for leftovers? Here's mine—I use leftover roasted chicken from one night to make chicken salad another night. Planning for leftovers helps us save money because we can cut down on food waste.
- Involve your children in planning one meal a week. Be sure to guide them to make a healthy plan that includes foods from each food group. They can also help you shop and prepare the meal.
- How can we help (faith community name) plan healthier meals? What ideas do you have to help the members of (faith community name) eat smart?

Plan: Know What's for Dinner

MEALS TO REMEMBER

Sometimes the hardest part about fixing dinner is deciding what to make. List the meals you and your family enjoy to help you plan your week. Post the list in a handy spot like the inside door of a cabinet. Keep adding new favorites.

MAIN DISH
(chicken, beef, pork, fish, pasta, beans, tofu, etc.)

SIDE DISHES
(salad, vegetables, fruit, potatoes, rice, etc.)

Plan your dinners for the week. It will help with shopping and save time.

WHAT'S FOR DINNER?

<p>Monday _____</p> <p>_____</p> <p>_____</p> <p>Tuesday _____</p> <p>_____</p> <p>_____</p> <p>Wednesday _____</p> <p>_____</p> <p>_____</p>	<p>Thursday _____</p> <p>_____</p> <p>_____</p> <p>Friday _____</p> <p>_____</p> <p>_____</p> <p>Saturday _____</p> <p>_____</p> <p>_____</p> <p>Sunday _____</p> <p>_____</p> <p>_____</p>
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Chicken and Broccoli Quiche



Makes 2 quiche | Serving Size: 1/6 quiche

 **Hints:** With this time-saving recipe, you can make one now and freeze one for later.

To lower fat and calories, try making this recipe in a muffin tin without the crust. It will be a perfect serving size, and you can freeze the leftovers for a quick breakfast or snack later.

Ingredients

- 2 (9-inch) ready made pie crusts, baked
- 4 eggs
- 1 cup low-fat or skim milk
- Salt and pepper to taste
- 1/2 to 3/4 teaspoon garlic powder
- 1 package (10-ounce) frozen, chopped broccoli
- 1/4 cup shredded carrots
- 1/4 cup onion, finely chopped (optional)
- 3/4 cup cooked chicken, chopped
- 3/4 cup reduced-fat cheddar cheese, shredded

Directions

1. Preheat oven to 350°F. Bake pie crusts according to package directions.
2. In a mixing bowl, combine eggs, milk, salt, pepper, and garlic powder. Mix well.
3. Place frozen chopped broccoli in microwave. Cook according to package directions. Pour off liquid. Let cool; squeeze broccoli to remove more water.
4. Layer the meat, vegetables, and cheese into baked pie crusts. Pour the egg mixture over the ingredients.
5. Bake at 350°F for 30 to 40 minutes or until top is browned and a knife inserted in the center comes out clean. Use a thermometer to be sure temperature of quiche reaches 160°F.
6. Let stand 5 minutes before cutting.

160°F

Nutrition Information Per Serving

245 calories		Total Carbohydrate	21 g
Total Fat	11 g	Dietary Fiber	2 g
Saturated Fat	4 g	Sodium	360 mg
Protein	15 g		



Excellent Source of Vitamins A



Excellent Source of Vitamin C



Good Source of Calcium



Start a Walking Group

Get together with two other friends and their kids from your faith community, and go for a walk. Schedule it on a certain day of the week at a certain time, like every Thursday at 4pm. Walking together is a great way to talk and visit, as well as get some activity.

EATING SMART
AT HOME

Plan:
Know What's
for Dinner

SLIDE 1

Eating Smart at Home

Plan: Know What's for Dinner

**FAITHFUL
FAMILIES** Thriving
Communities

NC STATE UNIVERSITY NCPH North Carolina Public Health Eat Start Move

Welcome to Faithful Families Thriving Communities. My name is _____ and I will be leading today's lesson.



Lay Leader Prompt

Open the meeting with a prayer, poem, or word of thanks for the opportunity to meet together to discuss the importance of health for people of faith. If you would like, ask leaders or ministers from your faith community to come to greet the group and offer a short message or prayer. If your faith community has a library, you can check out books on prayers or poems that give thanks or celebrate education and learning. If you do not have a library, ask leaders or ministers in your faith community to provide you with suggestions for prayer, poems or readings that you might use. This is also an opportunity for you to practice writing and delivering prayers on your own—everyone will appreciate the time of contemplation and thanks that you offer as a way of welcoming the group to this new learning opportunity.



How many of you hear the question "What's for dinner?" from your family?

Allow participants to share answers.



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EATING SMART
AT HOME

Plan:
Know What's
for Dinner

SLIDE 1

CONTINUED

Eating Smart at Home

Plan: Know What's for Dinner

FAITHFUL FAMILIES Thriving Communities

NC STATE UNIVERSITY

NCPH North Carolina Public Health

Eat Smart Move More NORTH CAROLINA



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How do you feel when you hear this? Do you know “what’s for dinner?”

Allow participants to share answers.

Today we’re going to take the fear out of that question. You will learn how to take a few minutes each week and plan so that when someone asks, “Hey, what’s for dinner?” you will know. Planning meals for your family is a great way to eat healthy and stay in your budget.

EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 2

Eating Smart at Home

FAITHFUL FAMILIES Thriving Communities

FAITHFUL FAMILIES PARTICIPANT ENTRY FORM

1/18 Entry

FAITHFUL FAMILIES Thriving Communities

Follower Name _____
Fam. Community Name _____

TELL ME ABOUT YOU!

Today's Date: _____

Name: _____

Address: _____

City: _____

North Carolina _____ Zip: _____

Phone number: (____) _____

Email: _____

Age: _____ Sex: Female Male

Are you pregnant? Yes No

Are you breastfeeding? Yes No

Are you Hispanic or Latino? Yes No

What is your race? American Indian or Alaskan Native Asian Black or African American Native Hawaiian or other Pacific Islander White

What is your highest grade completed in school?
 Grade 4 or below Grade 12
 GED Some College
 Grade 8 Graduated 2 Year College
 Grade 9 Graduated College
 Grade 10 Graduated College
 Grade 11 Post Graduate

Programs in which you and your family participate
 Child Nutrition (Free Reduced Lunch)
 CDPI (Food Distribution Program on Indian Reservations)
 Head Start
 SNAP (SIT Cash)
 TANF (Temporary Assistance for Needy Families)
 TEFAP (Emergency Food Assistance Program)
 WIC
 Medicaid
 Work First

Approximate household income: \$ _____ per week per month

Please write the age of your child(ren)
Age: _____ Age: _____
Age: _____ Age: _____

How many adults live with you? _____

NO STATE DISCOUNT

FAITHFUL FAMILIES Thriving Communities

Plan: Know What's for Dinner

Please take a few moments to complete this short survey. Your answers will help improve the program in the future. At the top of the survey, please respond to the questions about your gender, age, and racial/ethnic background.

Open entry form to center as a demonstration to participants.

As we complete the information, I would ask that you stay with me and don't jump ahead. The information you provide will be kept confidential, but it is important in helping the program leaders make improvements.

Let's go through the questions together. Please provide a response to each question. There are no right or wrong answers. Please just answer honestly about what you do right now.



Ask Lay Leader to read through questions while you circulate the room.

EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 3

Eating Smart at Home

TELL ME ABOUT WHAT YOU USUALLY DO!
This is a survey about things you can plan and do to eat well for your family. As you read each question, think about the recent past. This is not a test. There are not any wrong answers. If you do not have children, just answer the questions for yourself.

1. How many days a week do you cook dinner (your main meal) at home? 1 2 3 4 5 6 or 7
2. How often do you plan meals ahead of time? Never Seldom Sometimes Most of the time Always
3. How often do you eat meals or snacks with one or more family members? Never Seldom Sometimes Most of the time Always
4. How often do you shop with a grocery list? Never Seldom Sometimes Most of the time Always
5. How often do you compare prices before you buy food? Never Seldom Sometimes Most of the time Always
6. When deciding what to eat, how often do you think about healthy food choices? Never Seldom Sometimes Most of the time Always
7. How often do you use MyPlate to make food choices? Never Seldom Sometimes Most of the time Always
8. How often do you use the "nutrition facts" on the food label to make food choices? Never Seldom Sometimes Most of the time Always
9. How often do you run out of food before the end of the month? Never Seldom Sometimes Most of the time Always
10. How often do you let meat and/or dairy products rot for more than one week? Never Seldom Sometimes Most of the time Always
11. How often do you thaw frozen food at room temperature? Never Seldom Sometimes Most of the time Always
12. How often do you read food labels to select foods with less salt or sodium? Never Seldom Sometimes Most of the time Always
13. On average, how many total cups (use your fist as a measure of a cup) of vegetables do you eat each day? (Count all that you eat whether in a combination dish or by itself.) 1 2 3 4+
14. On average, how many total cups (use your fist as a measure of a cup) of fruit do you eat each day? (Count all that you eat whether in a combination dish or by itself.) 1 2 3 4+
15. On a typical day, how many times do you drink water? None 1 2 3 4+
16. On a typical day, how many times do you drink sugar-sweetened beverages? (Sugar-sweetened beverages are soft drinks (soda or pop), fruit drinks, sports drinks, tea and coffee drinks, energy drinks, sweetened milk or milk alternatives, and any other beverages to which sugar has been added.) None 1 2 3 4+
17. In the past week, how many days did you exercise for at least 30 minutes? (This includes things like jogging, playing soccer, and doing fitness classes and exercise videos. This 30 minutes could be all at once or 10 minutes or more at a time. Do not count housework, taking care of your kids, or walking from place to place.) 0 1 2 3 4 5 6 7

1. How often do you use any of the following?

Facebook	<input type="checkbox"/> Never	<input type="checkbox"/> 1-2 times per month	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> Almost every day
Twitter	<input type="checkbox"/> Never	<input type="checkbox"/> 1-2 times per month	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> Almost every day
YouTube	<input type="checkbox"/> Never	<input type="checkbox"/> 1-2 times per month	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> Almost every day
Pinterest	<input type="checkbox"/> Never	<input type="checkbox"/> 1-2 times per month	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> Almost every day
Instagram	<input type="checkbox"/> Never	<input type="checkbox"/> 1-2 times per month	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> Almost every day
2. If you use any of the above, which is your favorite?

Facebook	<input type="checkbox"/>	Twitter	<input type="checkbox"/>
YouTube	<input type="checkbox"/>	Instagram	<input type="checkbox"/>
3. If you use the above, how do you access your favorite social media (Facebook, Twitter, YouTube, etc.)?

Smart phone/tablet	<input type="checkbox"/>	Public computer or laptop	<input type="checkbox"/>
Home computer or laptop	<input type="checkbox"/>	Other, list: _____	<input type="checkbox"/>
4. If you use the above, how would you like to connect with Faithful Families? (Check all that apply.)

Facebook	<input type="checkbox"/>	Twitter	<input type="checkbox"/>
YouTube	<input type="checkbox"/>	Pinterest	<input type="checkbox"/>
Instagram	<input type="checkbox"/>	Would not like to receive tips and recipes from Faithful Families.	<input type="checkbox"/>
5. How did you find out about the Faithful Families class?

Facebook	<input type="checkbox"/>
Personal invitation	<input type="checkbox"/>
Announcement in my faith community	<input type="checkbox"/>
Recruitment flier or bulletin insert	<input type="checkbox"/>
Other, list: _____	<input type="checkbox"/>

PHOTO RELEASE (optional)

I, the undersigned, hereby authorize North Carolina State University, North Carolina A&T State University, and the North Carolina Department of Health and Human Services to use photographs, video or audio, that I have or generate, allowed to be taken by University, NCSU, or NCA&T staff, for the purpose of promoting the program. This release is irrevocable and applies to all media, newspaper articles, websites, social media (posting but not limited to Facebook, YouTube, Twitter, Instagram or others).

Helpful information on the comprehensive nature of this release and voluntarily consent to sign it.

Print Name: _____ Signature: _____ Date: _____

Plan: Know What's for Dinner

Sometimes I need pictures of my work with you to use in presentations for my supervisor or other groups of people interested in learning about Faithful Families. Pictures are also helpful to me to promote the program with people who make decisions about money for funding.

In order to use your picture, I will need your permission. Without your permission, I will not use your picture in any of the promotional materials for Families Eating Smart and Moving More. Your names will not be attached to your photo if you agree to allow me to use your picture. If you are willing to give me permission to use your photo in this way, please sign and date the photo release.

Allow time for participants to complete the survey. Collect surveys and send them to whoever collects the Entry and Exit forms for your state.

EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 4

Eating Smart at Home

 **Eating Smart**
Try this recipe for you and your family.

Chicken and Broccoli Quiche

 Click for video



Plan: Know What's for Dinner

Eating Smart at Home

Chicken and Broccoli Quiche

Plan: Know What's for Dinner

FAITHFUL FAMILIES Trusted Communities



Eating Smart Recipe

Let's begin today by trying a quick, low-cost, nutritious recipe that can help you Eat Smart at home. Today's recipe is Chicken and Broccoli Quiche. I love this recipe because it is a wonderful time-saver and it can be made so many different ways. Here are just a few great things about this recipe:

- You can make two at the same time and freeze one for later.
- You can make this recipe using muffin pans for individual servings and eliminate both the pie crust and a few calories as well.
- You can make this recipe using mini muffin pans and it becomes a healthy snack.
- You can use any leftover meat.
- Although the recipe calls for chicken, you can use beef, pork or seafood, or make it vegetarian.
- It's a great recipe to use up leftover vegetables from the day before. Just add them to make you own version of this quiche.



After viewing the recipe video, taste, demonstrate, or make recipe with participants.



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EATING SMART
AT HOME

Plan:
Know What's
for Dinner

SLIDE 4

CONTINUED

Eating Smart at Home



Eating Smart
Try this recipe for you and your family.

**Chicken
and Broccoli
Quiche**



Click for video



Plan: Know What's for Dinner

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This recipe is also a great way to add extra vegetables to your family meals. Think about adding peppers, spinach, or asparagus just to name a few choices. When tomatoes are in season, add a sliced tomato to the top of the quiche.

FOOD PREPARATION TECHNIQUE—Make one quiche and use the remainder of the filling to make mini quiches to freeze for a quick snack. Freeze in freezer-safe plastic bags and heat in microwave for a quick pick-me-up during the day.

FOOD SAFETY MESSAGE—Save leftover chicken or other meat of your choice for this recipe. Cooked chicken, beef or fish should be stored in the refrigerator for no longer than 1-2 days. If you can't use leftovers within that time, freeze for use later.



If possible, have Lay Leader do a side-by-side demonstration using no meat—all vegetables in the quiche.

Remember to be careful to remove excess water from cooked vegetables.

Ask Lay Leader to monitor time and temperature of quiche.



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CHICKEN AND BROCCOLI QUICHE

Recipe for Slide #4

Makes 2 quiche

Makes 6 servings per quiche

Serving Size: 1/6 quiche

INGREDIENTS

- 2 (9-inch) pie crusts, baked
- 4 eggs
- 1 cup low-fat or skim milk
- Salt and pepper to taste
- 3/4 cup low-fat shredded cheddar cheese
- 1/4 to 3/4 teaspoon garlic powder
- 1 (10-ounce) package frozen, chopped broccoli
- 1/4 cup carrots, shredded
- 1/4 cup finely chopped onion (optional)
- 3/4 cup cooked, chopped chicken
- 3/4 cup reduced-fat cheddar cheese, shredded

DIRECTIONS

1. Preheat oven to 350° F. Bake pie crusts according to package directions.
2. In a mixing bowl, combine eggs, milk, salt, pepper, and garlic powder. Mix well.
3. Place frozen chopped broccoli in microwave. Cook according to package directions. Pour off liquid. Let cool, squeeze broccoli to remove more water.
4. Layer the meat, vegetables, and cheese into baked pie crusts. Pour the egg mixture over the ingredients.
5. Bake at 350° F for 30 to 40 minutes or until top is browned and a knife inserted in the center comes out clean. Use a thermometer to be sure temperature of quiche reaches 160° F.
6. Let stand 5 minutes before cutting.



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Chicken and Broccoli Quiche

Serving Size: 1/6 quiche

Makes 6 servings per quiche

Nutrients Per Serving

Calories 245

Total Fat 11 g

Saturated Fat 4 g

Protein 15 g

Total Carbohydrate 21 g

Dietary Fiber 2 g

Sodium 360 mg

Excellent Source of Vitamins A and C

Good Source of Calcium

Tip: With this time saving recipe, you can make one for now and freeze one for later.

Hint: To lower fat and calories, try making this recipe in a muffin tin without the crust. It will be a perfect size serving, and you can freeze the leftovers for a quick breakfast or snack later.

EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 5

Eating Smart at Home

Planning Makes It Happen



Plan: Know What's for Dinner

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To make this recipe with you today, I had to do a little planning. What if I had shown up today with no ingredients and no idea of what I was going to make? You guessed it, we would not have quiche in the oven right now.

The same holds true for meals with your family. With a little planning you can help your family Eat Smart at home. I know it sounds like it will take too much time, but I think you will see that the few minutes you spend each week planning will save you time in the long run.

EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 6

Eating Smart at Home

How many of you ate out last night?



Plan: Know What's for Dinner

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How many of you ate out last night?

Allow participants to share answers.



How many of you got take out (or had it delivered)?

Allow participants to share answers.



How many of you cooked at home last night?

Allow participants to share answers.

Enjoying meals at home is important for eating healthy. While eating out occasionally can be fun, many of us eat out or get take out food as a regular thing rather than as a special treat. Eating meals prepared at home gives your family a time to be together AND eat healthier!

**EATING SMART
AT HOME**

**Plan:
Know What's
for Dinner**

SLIDE 7

Eating Smart at Home



Eating Out Usually Means:

- Larger portion sizes
- More calories, fat, sugar and salt
- Fewer fruits and vegetables
- Fewer whole grains
- Fewer low-fat dairy products
- Less fiber



Plan: Know What's for Dinner

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We know that when we eat out, this usually means:

- Larger portion sizes
- More calories, fat, sugar and salt
- Fewer fruits and vegetables
- Fewer whole grains
- Fewer low-fat dairy products
- Less fiber

When we eat at home, we can make better choices for our family's health.

EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 8

Eating Smart at Home

When You Eat at Home You:



Eat Healthy **Save Time** **Save Money**

Plan: Know What's for Dinner

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When we fix simple, healthy meals at home, we usually eat healthier. We can sometimes save time, and we almost always save money.

When we choose to eat at home, we are more likely to choose foods that are healthier and we control how it is cooked and how much is served. An added bonus to eating at home is that it provides an opportunity for the family to get together and talk about the events of the day.

EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 9

Eating Smart at Home



Plan: Know What's for Dinner

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Planning and cooking more meals at home helps us maintain a healthy weight. We are able to control our portion sizes, include more variety in our meals including foods higher in fiber and lower in sugar, sodium, and saturated fat. Not only will we benefit by finding it easier to maintain a healthy weight, we can reduce our risk of diabetes and other health related diseases as well.

How can planning and cooking meals at home help you with your goal for personal health?

Allow participants to respond.

EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 10

Eating Smart at Home



1. Plan 2. Shop 3. Fix 4. Eat

Plan: Know What's for Dinner

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It's one thing to know you want to eat more meals at home, but it's another to know how to go about doing it. If you take it step by step, it's easy:

PLAN — Plan simple meals for your family for a week, two weeks, or longer, whatever works for you.

SHOP — Make a list of all the food you will need for your meals. Shop for a week at a time (or whatever works for you) and stick to your list.

FIX — Stick to your plan for your meals. Make simple healthy meals for your family.

EAT — Eat together as a family without the TV.

Today we're going to talk about the planning step. We will focus on planning simple, healthy meals for you and your family. In other lessons we'll learn specifics about shopping, fixing, and eating together as a family. First, let's look at a video clip that will show us how one family plans, shops, fixes and eats healthy meals.



[Click to the next slide to show the video.](#)

EATING SMART
AT HOME

Plan:
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SLIDE 11



How many of you plan meals a day or a week in advance?

Allow participants to share answers.



Would those of you who do plan meals share how you do it?

Allow participants to share answers.



If you don't plan meals now, is this something you'd be willing to try?

Allow participants to share answers.

EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 12

Eating Smart at Home

Moving More: Let's take a break and get moving. 

Plan: Know What's for Dinner

FAITHFUL FAMILIES Thriving Communities

To get us energized for doing some planning, let's enjoy a Moving More activity that you can do with your family. Balancing is a skill you can practice with your children. As a reminder, you should only move in ways that feel comfortable to you, and you should stop doing the activity immediately if you experience any pain.



Moving More Break

BALANCING: Improving balance improves our abilities to engage in all forms of physical activity including aerobic, flexibility and strength-building.

Stand behind your chair and place your hands on the back of it. Stand on one foot for the count of 15. Change feet and count to 15 again.



Have a Lay Leader demonstrate.

For added challenge, let go with one hand. Stand with feet close together for 15 seconds. Now slowly lift yourself on tiptoes ten times.



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EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 12

CONTINUED

Eating Smart at Home

Moving More: Let's take a break and get moving.

Plan: Know What's for Dinner

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Slowly march in place, keeping your stomach tight, and holding each knee up for a few seconds.



Have a Lay Leader demonstrate.

We just learned three quick activities that can help us improve our balance. Didn't that feel good to get our bodies moving a bit? Physical activity, even in small amounts makes us feel better. This is a great activity we can do while we are waiting for dinner to cook.

EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 13

Eating Smart at Home

FAITHFUL FAMILIES Thriving Communities

Eating Smart at Home

Plan: Know What's for Dinner

MEALS TO REMEMBER
Sometimes the hardest part about fixing dinner is deciding what to make. List the meals you and your family enjoy to help you plan your week. Put the list in a handy spot like the inside of a cabinet. Know nothing new favorites.

MAIN DISH
(chicken, beef, pork, fish, pasta, tofu, etc.)

SIDE DISHES
(salad, vegetables, fruit, potatoes, etc., etc.)

Plan your dinners for the week. It will help with shopping and save time.

WHAT'S FOR DINNER?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
_____	_____	_____	_____	_____	_____	_____

NO STATE
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Plan: Know What's for Dinner

Plan: Know What's for Dinner

Let's get started planning simple, healthy meals for our family. The best place to start is to create a list of the things your family likes to eat and that you know how to make. Often times we forget from week to week some of the simple things that we can fix for dinner. Once you create your list, you can keep it on the refrigerator or the inside of a kitchen cabinet door. Have family members help you with the list. The list can help you as you plan for each week.

Think about your family's favorite dinners. Remember, many of the meals you eat away from home can be easily fixed at home for less money and not much more time.



What's one main dish that your family likes to eat?

Allow participants to share answers.



Can anyone think of something that they have not made in a long time that is simple and quick?

Allow participants to share answers.



Script for this slide continued on next page...

EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 13

CONTINUED

Eating Smart at Home

Plan What's for Dinner TIPS

Create a Family Favorites List

Plan: Know What's for Dinner

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Now, think about the fruits and vegetables, whole grains and low-fat milk foods your family enjoys.



Distribute the *Meals to Remember* handout and have participants begin to fill it out.

Ask a Lay Leader to help distribute.

Ask participants to list some favorite main dishes and some favorite side dishes.

Be sure to discuss the following:

- Include a variety of foods from all food groups.
- Plan around the most expensive menu item, usually the main dish.
- Be sure to include a variety of colorful fruits and vegetables. Plan for at least half of the plate to be fruits and vegetables.
- Try whole-grain breads, pastas and rice.
- Plan to serve low-fat or nonfat milk or water rather than sugary beverages.



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EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 13

CONTINUED

Eating Smart at Home

Plan What's for Dinner TIPS

MEALS TO REMEMBER
Sometimes the hardest part about fixing dinner is deciding what to make. Use the meals you and your family enjoy to help you plan your week. Put the list in a handy spot like the inside door of a cabinet. Keep adding new favorites.

MAIN DISH (Meats, beef, pork, fish, poultry, tofu, etc.)	SIDE DISHES (Rice, vegetables, fruit, potatoes, etc., etc.)

Plan your dinners for the week. It will help with shopping and save time.

WHAT'S FOR DINNER?	Monday	Tuesday
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

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Note: You will use this handout again later in the lesson to plan menus.



www.choosemyplate.gov/resources-professionals has resources that would be beneficial to use when teaching this lesson. The *Meeting Your MyPlate Goals on a Budget Toolkit* is excellent background reading for you. Page 5 of the toolkit has a visual graphic that shows how many servings of fruits and vegetables can be purchased for \$10 when choosing all fresh and when choosing a combination of fresh, frozen, and canned. The toolkit also contains several recipes that you can share with participants.

EATING SMART
AT HOME

Plan:
Know What's
for Dinner

SLIDE 14

Eating Smart at Home

Plan What's for Dinner **TIPS**



Make Time to Plan

- ✓ Set aside 30 minutes to plan.
- ✓ Make a list of the main dish and side dishes you will serve for each day of the week.

Plan: Know What's for Dinner

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The number one reason people say they can't eat healthy is lack of time.

Planning saves TIME and MONEY.

By planning ahead, you will have all the ingredients you need to fix quick, easy, healthy meals for you and your family. When you have the ingredients you need on hand, fixing a simple meal can be as quick as going to the drive-thru.

Set aside 30 minutes to plan meals and make your shopping list for the next week.

Make a list of the main dish and the side dishes that you will serve for each day of the week. Post the menu on the refrigerator. This will help you answer the "What's for Dinner?" question that comes every day and you will be able to prepare and eat more meals at home.

EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 15

Eating Smart at Home

Plan What's for Dinner **TIPS**



Look for New Ideas

- ✓ Newspaper
- ✓ Magazines
- ✓ Cookbooks
- ✓ Internet
- ✓ Recipe cards
- ✓ Friends and family

Plan: Know What's for Dinner

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Besides those meals on your *Meals to Remember* list, you can get lots of ideas by checking some easy resources.

Newspapers often have recipes for seasonal foods. Each week (usually on Wednesdays) they have a special section with recipes and food ideas. This is also the day of the week when they usually include grocery store flyers in the paper. This will allow you to plan your menu around the best buys in the grocery store.

Magazines almost always include new ideas for dinner. You don't have to buy a magazine, just browse through them while in a waiting room, at the library, or see if friends have some old ones that you can look through.

In addition to giving you recipes, cookbooks often have menu ideas and suggest new ways to prepare a dish by just adding one or two new ingredients.



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EATING SMART
AT HOME

Plan:
Know What's
for Dinner

SLIDE 15

CONTINUED

Eating Smart at Home

Plan What's
for Dinner **TIPS**



Look for New Ideas

- ✓ Newspaper
- ✓ Magazines
- ✓ Cookbooks
- ✓ Internet
- ✓ Recipe cards
- ✓ Friends and family

Plan: Know What's for Dinner

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The Internet has lots of recipe sites. You can search for “quick meals” or “crockpot recipes” or “simple meals.” I’ll bet you will find lots of new ideas on the web. You can use the Internet at the library if you don’t have other access.

Many times the grocery store will have recipe cards with ideas for preparing vegetables, meats and other foods. Keep a look out for them.

If you find a menu item you like, add it to the list. And don’t forget to include your favorite recipes that we try together in our Faithful Families classes.



If your program posts recipes on a program social media site, remember to suggest that participants check your site. You can also remind participants to visit the Faithful Families website or Facebook page for additional recipes.



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EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 15

CONTINUED

Eating Smart at Home

Plan What's for Dinner **TIPS**



Look for New Ideas

- ✓ Newspaper
- ✓ Magazines
- ✓ Cookbooks
- ✓ Internet
- ✓ Recipe cards
- ✓ Friends and family

Plan: Know What's for Dinner

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Of course, getting ideas from friends and family is an endless resource. Use your list of everyone's favorite foods, including main dishes, salads, vegetables, fruits, and desserts. Keep your family's favorite recipes in a small file box, loose-leaf notebook, or on your phone or computer. These recipes are something your children will want to have when they have families of their own.

Finally, we can learn from each other. I bet you have already heard one or two suggestions for quick and easy meals today that you may try. Talking with friends and relatives is a great way to get new ideas for foods you can fix for your family.

EATING SMART
AT HOME

Plan:
Know What's
for Dinner

SLIDE 16

Eating Smart at Home

Plan What's
for Dinner **TIPS**

Keep it Simple

- ✓ Select recipes with few ingredients.
- ✓ Prepare one-pot entrées.
- ✓ Use simple cooking techniques.



Plan: Know What's for Dinner

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When planning meals, keep it simple. Think about recipes with only a few ingredients or that you can prepare in one pot. This also can make clean-up easy. Stir fry meats and then add vegetables (try chicken pieces with chopped zucchini, carrots, and peppers) and create a meal on the stove in one skillet. Serve it over rice or pasta. Bake or roast meats and vegetables in the oven.



How many of you have or use a slow-cooker or Crock-Pot®? Share with us a favorite meal you make and how this saves you time.

Allow participants to share answers.

There are lots of simple meals that can be made in a slow-cooker. Foods like stews, soups, and pot roast with vegetables are easy. You can place everything in the pot in the morning, and it will be ready when you walk in the door at the end of the day.



How many of you have or use a microwave oven? What kind of foods have you prepared using a microwave oven?

Allow participants to share answers.



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EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 16

CONTINUED

Eating Smart at Home

Plan What's for Dinner **TIPS**

Keep it Simple

- ✓ Select recipes with few ingredients.
- ✓ Prepare one-pot entrées.
- ✓ Use simple cooking techniques.



Plan: Know What's for Dinner

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Microwaves are great for reheating leftovers. You can also use the microwave to make meals in a hurry. You can microwave vegetables and heat spaghetti sauce in just a few minutes.



*How many of you use or have a grill?
What is a favorite food you make?*

Allow participants to share answers.

Grills, either indoor or outdoor, can be used for meats (frozen or thawed) and vegetables. Try grilling summer vegetables such as zucchini, eggplant, or peppers.

Remember, you can still prepare quick meals even if you don't have any of these special pieces of cooking equipment. A skillet and stovetop are all you need to make many quick, nutritious meals.

EATING SMART
AT HOME

Plan:
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SLIDE 17

Eating Smart at Home

Plan What's
for Dinner **TIPS** Quick Dinner Ideas

- Quick vegetable soup and sandwich
- Whole-wheat pasta with sauce and a side salad
- Whole-wheat tortillas filled with shredded low-fat cheese, canned beans, and salsa and a simple vegetable salad
- Roast chicken with potatoes, onions, celery, and carrots
- Chicken stir-fry with frozen vegetables and rice
- Scrambled eggs with tomatoes, peppers, onions, and low-fat cheese and whole-wheat toast

Plan: Know What's for Dinner

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Meals at home can be simple and easy, even if you don't always have a recipe. Here are some quick dinner ideas:

- Quick vegetable soup and sandwich
- Whole-wheat pasta with spaghetti sauce and a side salad
- Whole-wheat tortillas filled with shredded low-fat cheese, low-sodium canned beans, and salsa along with a simple vegetable salad
- Roasted chicken with potatoes, onions, celery and carrots — you can make the chicken in a slow-cooker, the oven, or buy a pre-cooked chicken (when it's on sale) at the grocery store
- Chicken stir-fry with frozen vegetables and rice
- Scrambled eggs with tomatoes, peppers, onions, low-fat cheese and whole-wheat toast

Add a cup of low-fat milk and a piece of fruit for dessert to make the meal complete.

EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 18

Eating Smart at Home



Family of 4	Family of 4
<ul style="list-style-type: none">• 280 calories• Total fat: 2g• Saturated fat: 0g• Dietary fiber: 7g• Sodium: 65mg	<ul style="list-style-type: none">• 420 calories• Total fat: 12g• Saturated fat: 1g• Dietary fiber: 10g• Sodium: 3,440mg

Plan: Know What's for Dinner

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Let's compare a home cooked meal to a similar restaurant meal. The Super Stir Fry made at home is lower in calories, saturated fat, and MUCH lower in sodium. For busy families, the Super Stir Fry can be on your family dinner table in 30 minutes or less. Chances are, it will take you a great deal more time to drive to your favorite restaurant, sit down, order, wait for the food to be served, wait for the check, and drive back home. Plus, think of the money you will save!

So, planning and fixing meals at home can help you:

- maintain a healthy weight
- control sodium intake
- meet MyPlate guidelines for healthy eating
- save money
- save time



Can you think of some other ideas for super-quick meals at home?

Allow participants to share answers.

Note: Restaurant nutrition facts from PF Chang's Buddha's Feast, stir-fried, <https://www.pfchangs.com/menu/nutrition/main/>

EATING SMART
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Plan:
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SLIDE 19

Eating Smart at Home

Plan What's for Dinner **TIPS** Fruits and Vegetables



Fresh Frozen Canned

Plan: Know What's for Dinner

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When you are planning meals, think about including foods from at least three of the food groups in each of your meals.

Always include a variety of fruits and vegetables. Canned and frozen fruits and vegetables are fast and healthy additions to any meal. Check the cost and decide which ones make sense for your family. You may want to choose fresh fruit like apples and berries, but select low or no sodium canned peas and corn. Frozen is also a healthy choice.

EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 20

Eating Smart at Home

Plan What's for Dinner **TIPS**

Choose Fruits and Vegetables In-season



Plan: Know What's for Dinner

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Farmers in our area grow lots of wonderful vegetables such as sweet potatoes, collards, tomatoes, and corn, as well as fruits such as strawberries, blueberries, and apples. These are great choices when they are in-season and can usually be found for a lower cost at your local farmers' market or farm stand.

For your fresh fruits and vegetables, buy what's in-season to get the best value. No matter what you choose, it will provide healthy benefits.



NC Sweet Potatoes

Did you know that North Carolina grows more sweet potatoes than any other state in the country? About 50% of all sweet potatoes sold in the US are grown right here in NC! Most sweet potatoes are grown in the Eastern part of the state.

Store your sweet potatoes in a cool, dry place, but don't put them in the fridge. Sweet potatoes are delicious, can be prepared in a variety of ways, and is packed with lots of important vitamins.



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EATING SMART
AT HOME

Plan: Know What's for Dinner

SLIDE 20

CONTINUED

Eating Smart at Home

Plan What's for Dinner **TIPS**

**Choose Fruits and
Vegetables In-season**



Plan: Know What's for Dinner

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Share "What's in Season?" chart located at:
www.ncagr.gov/markets/chart.htm

If you are delivering this program outside of North Carolina, be sure to highlight local produce from your area. Your state's Extension service or Department of Agriculture will be great resources to help you highlight your local produce.

EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 21

Eating Smart at Home

Plan What's for Dinner **TIPS**

Whole Grains



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When planning your meals, think about how you can serve whole grains. Whole grains are high in nutrients and high in fiber. At least half of the grains we eat should be whole grains. When looking at an ingredients list, look for whole grains listed as the first ingredient. Whole-wheat bread, whole-wheat crackers, whole-wheat pasta, oatmeal, popcorn, and brown rice are all examples of whole grain foods.

When planning, consider replacing white bread with whole wheat bread or white rice with brown rice. You'll be surprised how easy it is to make these small changes.

If you are going to be serving brown rice with a meal, make extra so it is ready for a meal later in the week.



Think about the grains your family eats. What are some small changes you can make to be sure that at least half your grains whole?

Allow participants to respond.

EATING SMART
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Plan:
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SLIDE 22

Eating Smart at Home

Plan What's for Dinner **TIPS**

Low-fat Dairy Products



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Choose low-fat or fat-free dairy products or fortified soy milk. They offer the same nutrients, but have less saturated fat and calories.

EATING SMART
AT HOME

Plan:
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Eating Smart at Home

Plan What's for Dinner **TIPS**

Lean Meat or Meat Substitute



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You can keep your menus interesting by including a variety of protein foods. Making smart protein choices can also help you maintain a healthy weight. Plan to serve lean meats such as canned tuna packed in water, seafood, chicken, turkey, or lean meats. Beans and peas, unsalted nuts and seeds, soy products and eggs are also wonderful vegetarian protein foods that are not as costly as lean meats.

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Plan:
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Eating Smart at Home

Plan What's for Dinner **TIPS**

Beverages



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Think about your drink. Make it a habit to serve a cold glass of low-fat or fat-free milk or fortified soy milk with dinner. Kids and adults alike need the calcium and vitamin D in these drinks. Limit the amount of soft drinks and sweet tea that your family drinks. You may want to make it a family rule that there are no soft drinks allowed with dinner.

Water is another good choice instead of tea, fruit drinks, and soft drinks. Water has no calories and is needed by both kids and adults.

EATING SMART
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Plan:
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SLIDE 25

Eating Smart at Home

What's for Dinner?

MONDAY DINNER:
Chicken and Broccoli Quiche
Quick Vegetable Salad
Apple Slices
Bran Raisin Muffin
Low-fat Milk

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We are going to start building your weekly menu by planning just a couple of days. Start by thinking of a main dish that everyone in your family likes—something you know how to make that is within your budget. Build your meal around that dish.

This example is a quick and delicious meal that everyone loves—Chicken and Broccoli Quiche, Quick Vegetable Salad, apple slices, Bran Raisin Muffin and low-fat milk.

I have some grocery store flyers from the newspaper (or magazines) that can help you create your two-day menu.

Have participants use the handout to write their own two-day menu.



Would you please share the menu you made with the group?

Allow participants to share answers.

You were very successful in planning your menus for these two days. Congratulations — you're now experienced meal planners! Post it on the refrigerator so that your family knows what you will be fixing next week.

EATING SMART
AT HOME

Plan:
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SLIDE 26

Eating Smart at Home

What's for Dinner?



- ✓ Fruits and vegetables
- ✓ Lean meats and meat substitutes
- ✓ Whole grains
- ✓ Low-fat or nonfat dairy
- ✓ Low-fat cooking methods

Plan: Know What's for Dinner

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Please look over your menus. Ask yourself if you have planned to include enough fruits and vegetables. Did you include whole grains and low-fat or nonfat dairy? Have you included lean protein? Did you use cooking methods that were low-fat, such as baking and broiling? Planning ahead helps you make sure your family has all the nutrition they need to stay healthy.

Allow participants to adjust their menu plans.

If you're receiving WIC, check to see if you have planned to use these foods in your menu.

Look at your menu one more time. Are there foods that you can make enough extra to have leftovers? If you are serving rice, can you cook extra? If you're baking chicken, you may want to double the recipe. Using leftover meats and vegetables can help make eating at home easy. Even if only part of your meal is cooked, your meal will be on the table quicker.

Remember, you can involve your children in planning your family's meals. Consider having your children pick one main dish, one vegetable, and one fruit for a meal. Add a whole grain such as brown rice and a glass of low-fat or skim milk and your plate is complete.

EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 27

Eating Smart at Home

Plan What's for Dinner **TIPS**

Make a shopping list based on your menu for the week.



Plan: Know What's for Dinner

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The next step in planning is to make a shopping list based on your menu for the week. Using a list helps you remember the things you need. When you stick to your list, you won't buy things you really don't need. Making a list is important to make sure you have what you need for your meals.

Let's make a shopping list for a meal. Let's say that next week, I want to have spaghetti with meat sauce, a salad, and a slice of whole-wheat bread. I always serve low-fat milk at dinner.



What ingredients would I need to put on my list?

Allow participants to share answers.

So, to review, I'd need spaghetti noodles, spaghetti sauce, ground beef, lettuce and other salad fixings, whole-wheat bread, and low-fat milk.



*What items on my list could I use to make another meal?
What ideas do you have?*

Allow participants to respond. Suggest noodles, sauce, salad, bread or milk. Some possibilities include: stirfry veggies over noodles, ratatouille, salad, grilled veggie sandwich.

EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 28

Eating Smart at Home

Plan What's for Dinner **TIPS**



- ✓ **Check what you have.**
- ✓ **List what you need.**
- ✓ **Include the basics.**
 - peanut butter
 - cereal
 - rice or pasta
 - bread
 - fruits and vegetables
 - milk
 - eggs

Plan: Know What's for Dinner

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Before you start making your list, start by checking what you have and then list the things you need. Check the pantry, refrigerator, and freezer.

Organize coupons for the items on your list.

Don't forget to keep the basics on hand. They can allow for quick changes to your menu, snacks for the family, or easy breakfast and lunches. Basics include peanut butter, cereal, rice, pasta, bread, fruits and vegetables (especially canned or frozen which can be stored for a while), low-fat milk, and eggs.

Your family may have other basics that you always use like tortillas or beans.

EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 29

Eating Smart at Home

Plan What's for Dinner **TIPS**



- ✓ Make a list of favorite dishes.
- ✓ Create a menu plan.
- ✓ Make a grocery list.
- ✓ Enjoy grocery shopping.

Plan: Know What's for Dinner

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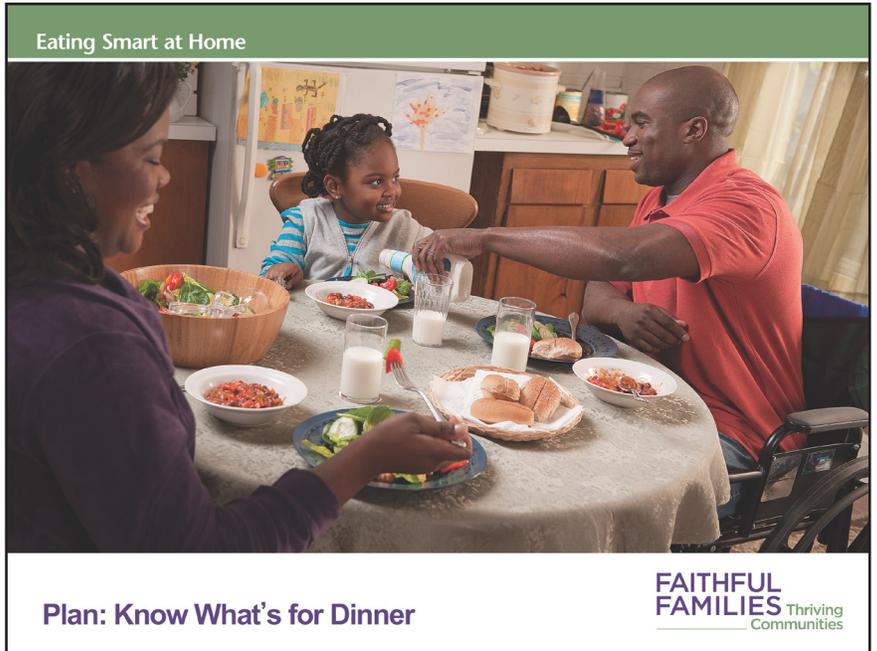
Now, let's review our meal planning steps again.

- Make a list of favorite dishes.
 - Have your family help.
 - Try a new recipe.
- Create a menu plan.
 - Be sure to include a variety of foods, especially fruits and vegetables, whole grains, lean protein and low-fat dairy.
 - Use foods that are in season.
 - Check store specials.
- Make a grocery list.
 - Check off what you already have.
 - Add basic items needed.
 - When making your list, include fresh in-season produce that can be found at the farmers' market..
 - Look for coupons for items on your list.
- Enjoy grocery shopping!
 - Stick to your list to save time and money.

EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 30



Plan: Know What's for Dinner

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Let's think about planning meals at _____ (faith community name).

Do we do a good job of planning healthy meals for events or gatherings?

Allow participants to share answers.

Make notes of participant responses.



Script for this slide continued on next page...

EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 30
CONTINUED



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Why is it important for us to plan healthy meals? Are there any messages, scriptural passages, or religious teachings that might help us to think about why this is important?

Allow participants to share answers.

Note: Talk with leaders or ministers in your faith community before the lesson to determine some examples of scriptures, teachings, or passages that you might suggest to the group. Bring these scriptures or passages to the class so that you can read them aloud to the group.

Make notes of participant responses.



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EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 30

CONTINUED



Plan: Know What's for Dinner



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What are some ways we might help _____ (faith community name) to plan healthier meals?

Allow participants to share answers.

Make notes of participant responses.

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EATING SMART
AT HOME

Plan:
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SLIDE 30

CONTINUED



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Note: You can distribute a copy of the Eat Smart North Carolina: Healthy Meeting Guide. Download this guide at FaithfulFamilies.com (click Resources). This guide offers suggestions and sample policies to encourage healthy eating in faith communities, worksites, or other organizations.



What are some practical steps that we could take to encourage planning for healthy eating in _____ (faith community name)?

Allow participants to share answers.

Make notes of participant responses.

(notes continued on next page)



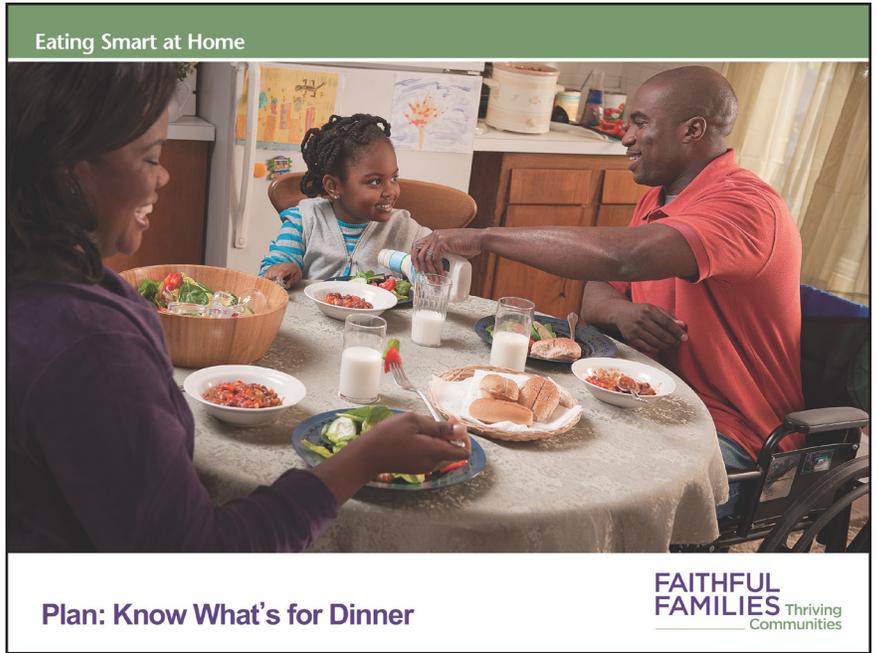
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EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 30

CONTINUED



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Note: Remember, committees such as the kitchen committee, food committee, or events committees might be interested in resources to help them plan healthier meals for your faith community. Consider inviting a member from one of these committees to share in this discussion.

EATING SMART AT HOME

Plan: Know What's for Dinner

SLIDE 30

CONTINUED



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This has been a great discussion. Let's continue to talk together throughout these next few weeks about how we can help (faith community name) to adopt practices and policies that can help your members to Eat Smart.

Planning meals takes a little bit of time, but you'll save a lot of time and money in the long run.

You're already on your way with the plan you've started here today. When you get home, plan the remaining days of the week and finish the grocery list. Use your plan and list next week.

Spending only 30 minutes a week planning your meals and making your shopping list can help you save time and money. Best of all, it will help you and your family eat healthier!

EATING SMART
AT HOME

Plan:
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SLIDE 31

Eating Smart at Home



Eating Smart

Try this recipe for you and your family.

**Chicken
and Broccoli
Quiche**



Plan: Know What's for Dinner

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Taste the Chicken and Broccoli Quiche.



Is this something you'd like to add to your weekly plan of what's for dinner?

Allow participants to share answers.



How will you use something you've heard today to plan and build healthy menus for your family?

Allow participants to share answers.

EATING SMART
AT HOME

Plan:
Know What's
for Dinner

SLIDE 32

Eating Smart at Home



What **one change** will you make
to plan meals for your family?

Plan: Know What's for Dinner

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What one change will you make to plan meals for your family?

Allow participants to share answers.

EATING SMART
AT HOME

Plan:
Know What's
for Dinner

SLIDE 33

Eating Smart at Home	
What will make this hard for you and your family?	How will you overcome this?
Plan: Know What's for Dinner	
FAITHFUL FAMILIES Thriving Communities	



What will make this hard for you and your family?

Allow participants to share answers.



How will you overcome this?

Allow participants to share answers.

EATING SMART
AT HOME

Plan:
Know What's
for Dinner

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Eating Smart at Home

Plan: Know What's for Dinner

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NC STATE UNIVERSITY NCPH North Carolina Public Health 1 Eat Smart Move More NORTH CAROLINA

Ask participants if they have any questions about the lesson presented today.



Remind them of the key messages from this lesson:

- Taking a few minutes each week to plan “what’s for dinner” actually saves you time in the long run.
- Planning your weekly meals can save you money.
- Planning meals helps you and your family Eat Smart.
- Planning meals can help our faith community to Eat Smart.



Review time, date, lesson, and recipe for next session.

Share how participants can connect with you through social media.

Thank participants for attending.



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EATING SMART
AT HOME

Plan:
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CONTINUED

Eating Smart at Home

Plan: Know What's for Dinner

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Lay Leader Prompt

Close the group with a prayer, familiar ritual, poem or scripture passage that relates to this week's theme of preparing for healthy meals.



Challenge participants to make their menu plan for the next 7 days. Remind participants bring their menu plan to the next session. You will use these to make a shopping list and to help spot good buys that can save money when grocery shopping.

Suggest participants bring any coupons they have with them.

