

# 4 PAINPOINTS TO GETTING DINNER ON THE TABLE AND WHAT TO DO ABOUT IT

## 1. WHAT TO MAKE

### MAKE A PLAN + WRITE IT DOWN!

- Use a menu planner or old-fashioned pen and paper.
- Use a menu planning app (Paprika, Mealime, etc) or keep track on your phone.
- Keep a list of go-to meals written down so when you plan the menu, it takes some of the guesswork out of planning.

### ...A FEW OTHER TIPS...

- Make time to plan.
- Consult your calendar while planning.
- Consider planning two weeks at a time.
- Plan for leftovers or no-recipe meals.
- Leave room for flexibility.
- Use themed nights, such as Taco Tuesday, Pasta Thursdays, etc.
- Pick your most stressful nights and start by planning meals for just those nights.
- Try a new recipe and have fun with it!

## 2. TIME + BUSY SCHEDULES

- Stock your kitchen with foods you can make and serve quickly (refer to No-Recipe Meals handout).
- Plan to cook when you have more time: make soups and casseroles and freeze, or cook ground beef or chicken and freeze to use easily in meals later.
- Cook once, eat twice: double recipes the night you make them and freeze half for later.

### CONTINUED...

- Take shortcuts where you can.
- Use leftovers as another dinner or for easy lunches.
- Reuse your meal plans. Don't reinvent the wheel every week.
- Easy meals count: take-out, breakfast for dinner, cold cereal, ready-to-eat store bought meals.

## 3. PICKY EATERS

- Don't short-order cook: cook one meal for the entire family.
- Include one slam dunk food.
- Continue to offer new foods.
- Make a one-dish exception: let them take a pass at a single dish.
- Avoid requiring kids to clean their plates.

## 4. BUDGET

- Use a shopping list to stay on track.
- Reviews sales and coupons.
- Include more meatless meals and recipes that use foods that cost less all year (eggs, beans, etc)
- Buy fresh fruits and vegetables in season.

