



# Healthy eating for the whole family.

Planning healthy meals for your family can often be overwhelming with daily responsibilities and schedules. With some pre-planning, your family can be on a healthy path to eating right!

Getting kids involved in nutrition can happen anywhere - like the kitchen or grocery store. Each of these provides a learning opportunity and allows kids to try new foods. As kids get older, they can help plan the menus at home and assist with grocery shopping.

**See the reverse side for more about healthy eating for the whole family.**



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Here are a few simple steps to achieve this goal:

## **Create a weekly menu.**

Work as a family to create a weekly menu which includes plenty of fruits, vegetables, protein, nuts and grains.

## **Make a shopping list.**

Base your list on the weekly menu you've developed. By shopping once a week, you'll save time and money.

## **Select a "meal prep" day each week.**

Take one day a week to wash your produce, chop veggies, cut up fruit, marinate your meats, and prepare other favorites. Store these items in airtight containers in the fridge.

## **Have kids join in on the fun.**

Inviting your kids into the kitchen is a great way to get them involved in making healthy choices and developing a healthy relationship with food.

For more information, visit [\*\*cardinalglennon.com\*\*](https://www.cardinalglennon.com)

All of our facilities have implemented enhanced safety measures. These may include requiring all individuals to be screened for symptoms and requiring face masks for all upon entry. This will ensure you and your family are protected every step of the way.

