

Activity: Getting Started with Planning

Planning meals saves you time and helps you make healthier food choices every day. This activity will help you see what you already do to plan meals, and where you can make changes to help you plan.

Meal planning: How am I doing?

There are four parts of meal planning: Plan, Purchase, Prepare, and Pack. Answer the questions below about meal planning.

Plan

1. Do you plan your meals and snacks?
 Not often Usually
2. Do you decide, or help decide, what foods you eat?
 Not often Usually
3. When you are ready to prepare a meal, do you have the ingredients or foods that you need?
 Not often Usually

Purchase

4. Do you grocery shop?
 Not often Usually
 - a.) If yes, do you use a shopping list?
 Not often Usually
5. Do you look at the nutrition information on packaged foods?
 Not often Usually

Prepare

6. Are your meals prepared at home?
 - Includes meals cooked or put together at home. Not often Usually
7. Are your snacks prepared at home?
 - Includes snacks made or put together at home (fruit, yogurt, or whole grain crackers) Not often Usually

Pack

8. Do you bring meals and snacks prepared at home when you will be eating away from home (examples: while travelling or at work).
 Not often Usually
9. In your home, do you have healthy foods and supplies for packing meals and snacks?
 Not often Usually

How am I doing?

Go over your answers. Each *Usually* answer means you're doing some meal planning.

In the list below, check the areas in which you answered *Not often*.

- Plan
- Purchase
- Prepare
- Pack

You may choose to work on the areas you checked above. Turn the page to find out how you can make meal planning work for you.

Make meal planning work for you

Answer the questions in each section below. Focus on the areas you checked in the *How am I doing?* box on page 1.

Plan

Planning meals ahead saves time. It also helps you make healthy choices, and may help reduce how often you eat food prepared outside your home.

What helps you to plan meals ahead of time?

What things get in the way of planning meals ahead of time?

What can you do to deal with the things that might get in the way of planning?

Purchase

We are more likely to eat the foods we bring home from the store. Being prepared at the grocery store helps you to stock your home with foods to prepare healthy meals.

What helps you to buy healthy foods?

What things get in the way of buying healthy foods?

What can you do to deal with the things that might get in the way of buying healthy foods?

Prepare

Preparing healthy foods at home gives you control over what goes in your food.

What helps you to prepare foods at home?

What things get in the way of preparing foods at home?

How can you deal with the things that might get in the way of preparing foods at home?

Pack

Packing meals and snacks to eat away from home can help you meet your healthy eating goals.

What helps you to pack foods for meals and snacks eaten away from home?

What things get in the way of packing foods for meals and snacks eaten away from home?

What ideas do you have to deal with things that might get in the way of packing meals and snacks you eat away from home?