



Quick meals made easy!

Are you rushed to make healthy meals for children? Use these tips to help on busy days.

- Think ahead. Plan simple meals for busy days.
- Save time with foods like fresh pre-cut vegetables or, frozen or canned vegetables, bagged salads, shredded cheese or canned beans.
- Keep these foods on-hand to build healthy meals: whole grain pasta, brown rice, potatoes, lentils, dried or canned beans, canned fish, eggs, canned or frozen vegetables and fruit, cheese, and spices.
- Prepare some of the foods before meal times. Wash and cut up vegetables, grate cheese or boil eggs ahead of time. Precook your meat or poultry, then portion and freeze to reheat for the meal.
- Cook extra food one day to use in a different way the next day. For example, if you have chili one day, use leftover chili for a taco salad the next day.



For more tips visit [Quick and Easy Meals](#), and [Inspiring Healthy Eating](#) on the [Healthy Eating Starts Here](#) website.