



# Make a Change: One Meal at a Time Resource List



## Make a Change: One Meal at a Time Weekly Themes and Resources

Theme and Key Messages	Resources	Recipes
<p><b>Week 1: Small Changes can Produce Big Results</b></p> <ul style="list-style-type: none"> <li>With simple steps make changes one meal at a time.</li> </ul>	<p><a href="#">Tip Sheet</a>  <a href="#">Display</a>  <a href="#">Weekly Menu Planner</a>  <a href="#">Healthy Grocery List</a></p>	<p><a href="#">Barbeque Corn with Lime</a>  <a href="#">Spicy Chickpeas</a></p>
<p><b>Week 2: Boost your Breakfast with Fibre and Protein</b></p> <ul style="list-style-type: none"> <li>Choose higher fibre foods at breakfast.</li> <li>Add a protein choice to your breakfast.</li> </ul>	<p><a href="#">Tip Sheet</a>  <a href="#">Display</a>  <a href="#">Wake Up to Breakfast Every Day</a>  <a href="#">Fibre Facts</a></p>	<p><a href="#">Easy Mini Quiche Muffins</a>  <a href="#">Banana Pancakes</a></p>
<p><b>Week 3: Make Healthy Lunch a Habit</b></p> <ul style="list-style-type: none"> <li>Plan ahead and pack your lunch.</li> <li>Get your children involved to help plan and prepare their lunches.</li> </ul>	<p><a href="#">Tip Sheet</a>  <a href="#">Display</a>  <a href="#">Eating Out The Healthy Way</a>  <a href="#">What's For Lunch</a></p>	<p><a href="#">Slow Cooker Stew</a>  <a href="#">Mediterranean Salad with Tuna</a></p>
<p><b>Week 4: Dish up a Healthy Dinner Plate</b></p> <ul style="list-style-type: none"> <li>Use the Eat Well Plate to build a healthy dinner meal.</li> <li>For quick and healthy meal ideas, choose foods from Canada's Food Guide.</li> <li>Cooking Without Salt is another change you can make to eat healthier</li> </ul>	<p><a href="#">Tip Sheet</a>  <a href="#">Display</a>  <a href="#">Eat Well Plate</a>  <a href="#">Canada's Food Guide</a>  <a href="#">Quick and Easy Meals</a>  <a href="#">Cooking Without Salt</a></p>	<p><a href="#">Roasted Salmon with Lentils and Creamy Pesto</a>  <a href="#">Turkey Shepherd's Pie</a></p>
<p><b>Week 5: Enjoy Your Meal Experience</b></p> <ul style="list-style-type: none"> <li>Make your meal the focus of your attention.</li> <li>Slow down and take the time to enjoy your meal.</li> <li>Avoid distractions and make meal times a screen free zone.</li> </ul>	<p><a href="#">Tip Sheet</a>  <a href="#">Display</a>  <a href="#">Enjoy Your Meal Experience</a>  <a href="#">Conversation Cards</a>  <a href="#">Inspiring Healthy Eating</a></p>	<p><a href="#">Slow Cooker Fruit Pudding</a>  <a href="#">Pita Pizza</a>  <a href="#">Two Dips and Five Dippers</a></p>

For resources including tip sheets, displays and posters see the AHS [Make a Change: One Meal at a Time](#) webpage at [healthyeatingstartshere.ca](http://healthyeatingstartshere.ca)