

Weekly Meal Plan Made Easy

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How to use these slides the notes in bold are
actions facilitators should take and italicized notes are suggestions to make your
session as accessible and inclusive as possible

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and budget. We will start with healthy recipes and then build our weekly plan
and shopping lists while learning how to take advantage of sales and coupons.
Meal planning will help you choose fresh, seasonal produce, maintain your

‡ Supplemental resources:

- ‡ Eat Healthy on a Budget by Planning Ahead
 - ‡ <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/eathealthy-on-a-budget-by-planning-ahead>
- ‡ Meal Planning: The High Fiber Factor
 - ‡ <https://www.heart.org/en/healthy-living/healthy-eating/cooking-skills/mealplanning/mealplanningthe-high-fiber-factor>
- ‡ Benefits & Howd } of Family Dinner
 - ‡ <https://www.heart.org/en/healthy-living/healthy-eating/cooking>

These slides were created by the
Kentucky Inclusive Health Collaborative at the
University of Kentucky Human Development
Institute in collaboration with Aramark and the
American Heart Association as part of the
Healthy for Life® Initiative.



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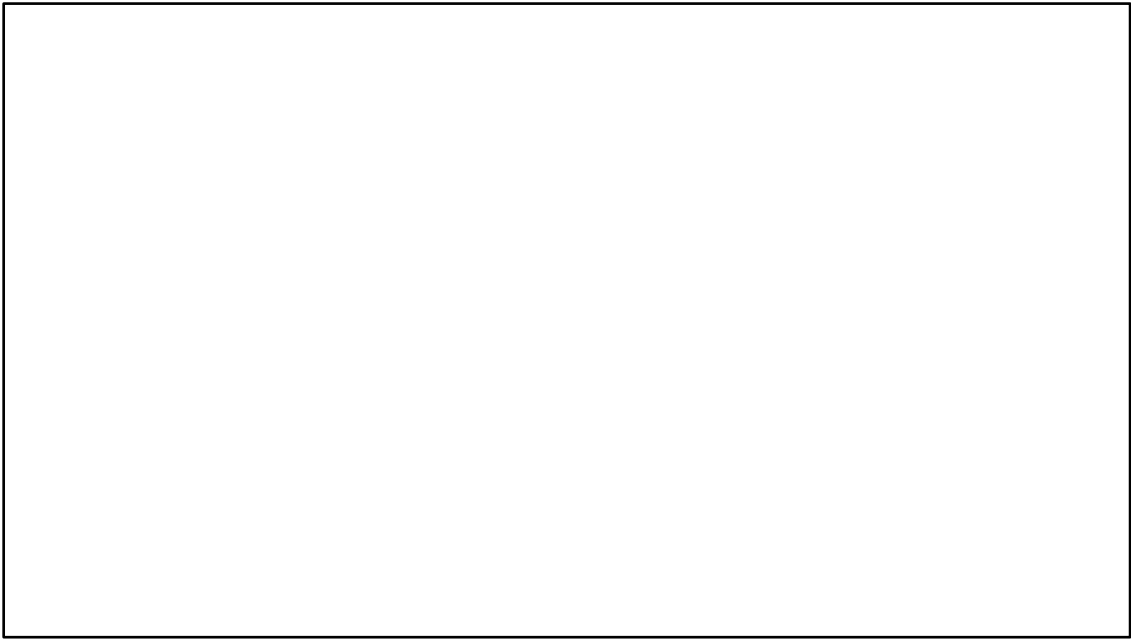
Agenda

- ‡ Introduction
 - ‡ Plan Ahead
 - ‡ Smart Recipes
 - ‡



Learning Objectives





‡ Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the Welcome Toolkit or choose your own!

‡ _____

Plan Ahead

Healthy eating does not
need to be expensive

‡Create a budget

‡Plan a menu

‡Shop smart



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‡ As food prices keep rising, shopping for nutritious food on a budget becomes more challenging. The good news is that healthy eating can actually cost less. By creating a food budget, planning menus and shopping wisely, you can save

When Serving A New Recipe

Cook Once and Eat Twice

1. Double the ingredients to make enough for 2 meals
- 2.



At The Store...

- ‡ Compare prices
- ‡ Use coupons
- ‡ Buy in bulk
- ‡ Buy seasonal fruits and veggies
 - ‡ Fresh produce is good for about a week
 - ‡ Canned or frozen:
 - ‡ can be just as healthy and might cost less
- ‡ Pay attention at checkout

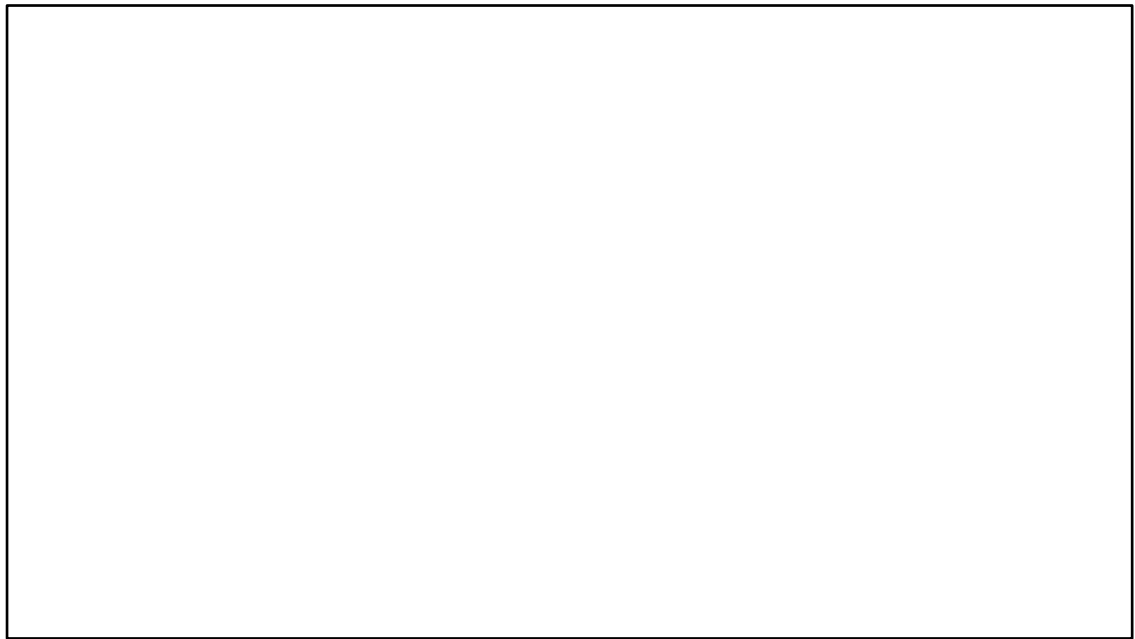


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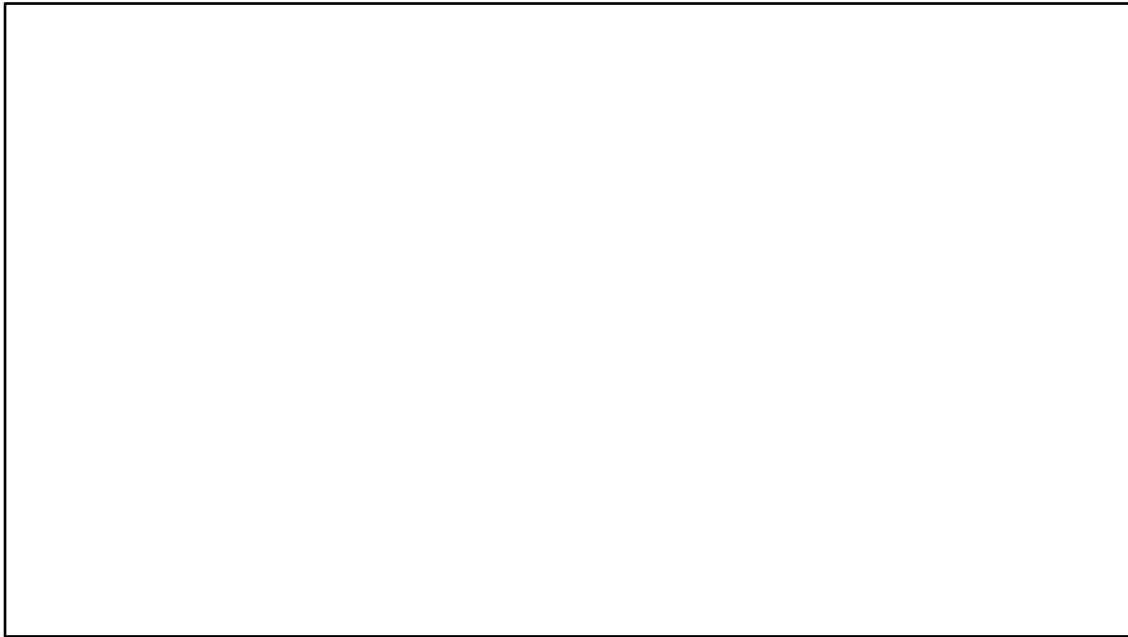
- ‡ Compare prices. Store brands and products may be more affordable.
- ‡ Use coupons, but compare prices and nutrition facts. A coupon may not always be the best deal or the healthiest option.
- ‡ Buy in bulk. You may save money. Just be sure you have room in your pantry or freezer.
- ‡
 - a week. Remember, though, that canned or frozen fruits and vegetables will last longer, may be less expensive and can be just as healthy.
- ‡ Don't check out at the checkout! Pay attention at the register to make

‡ Supplemental Resource: Keep Foods Fresh Longer

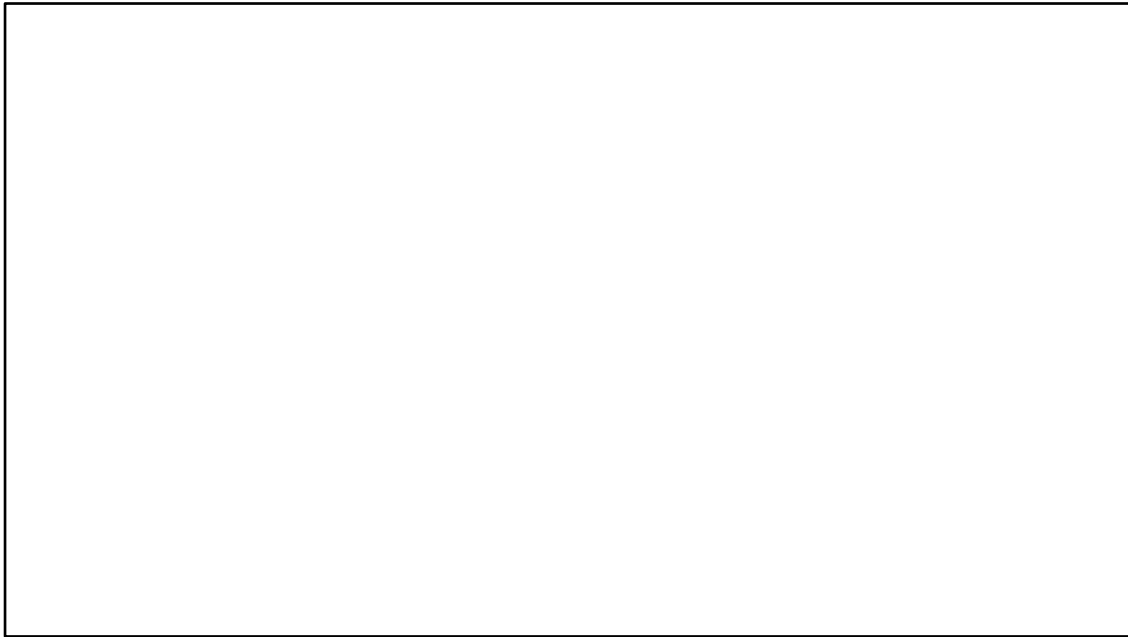
- ‡ <https://www.wellness4ky.org/resource/keepfoods-fresh-longer/>



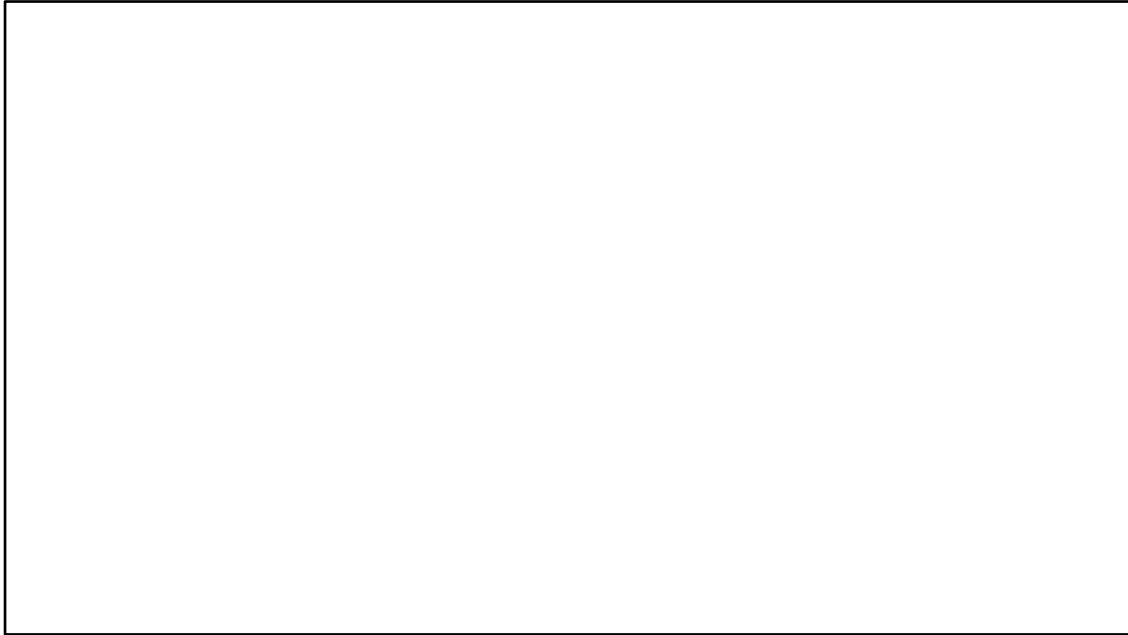
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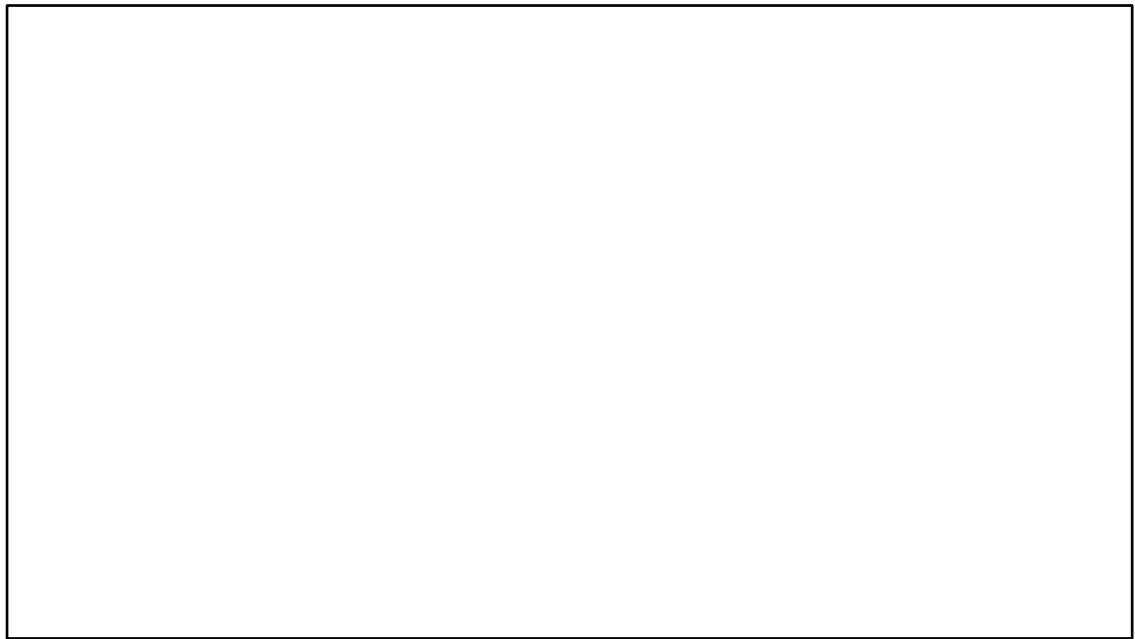
- ‡ This slide is meant to provide a visual cue. To review the handout with participants, open the PDF or link in a separate window and share your screen. If participants have a printed copy, have them follow along.
- ‡ Weekly Meal Plan [https://www.heart.org/-/media/healthy-living-files/healthy-](https://www.heart.org/-/media/healthy-living-files/healthy-living-recipes/Healthy-Living-Recipes-Week-1.pdf)



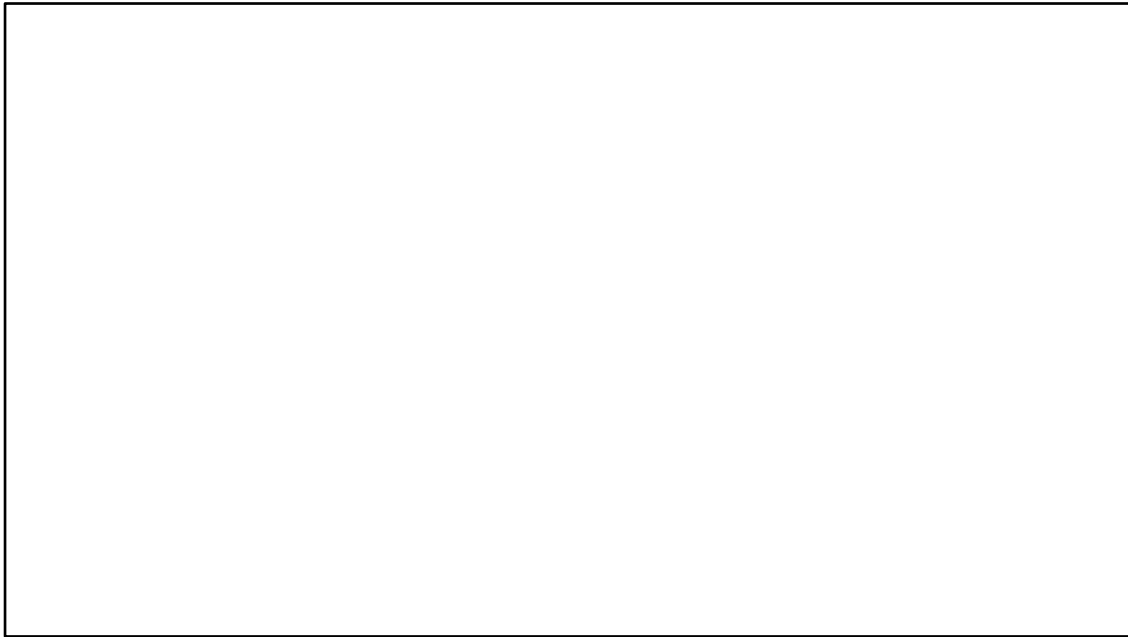
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- ‡ Grocery List (second page) <https://www.heart.org/-/media/healthy>



- ‡ Once all participants have finished filling out their weekly meal plan and grocery list, invite them to share with the people around them.
 - ‡



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Meal Plan Made Easy lesson plan.



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- ‡ Specific- clearly defined
- ‡ Measurable- able to be measured (numbers!)
- ‡ Attainable-- achievable or within reach
- ‡ Relevant- appropriate or applicable
- ‡ TimeBased- given a due date

Goal Example

Goal:

I will plan my meals and shop smart.

SMART Goal:

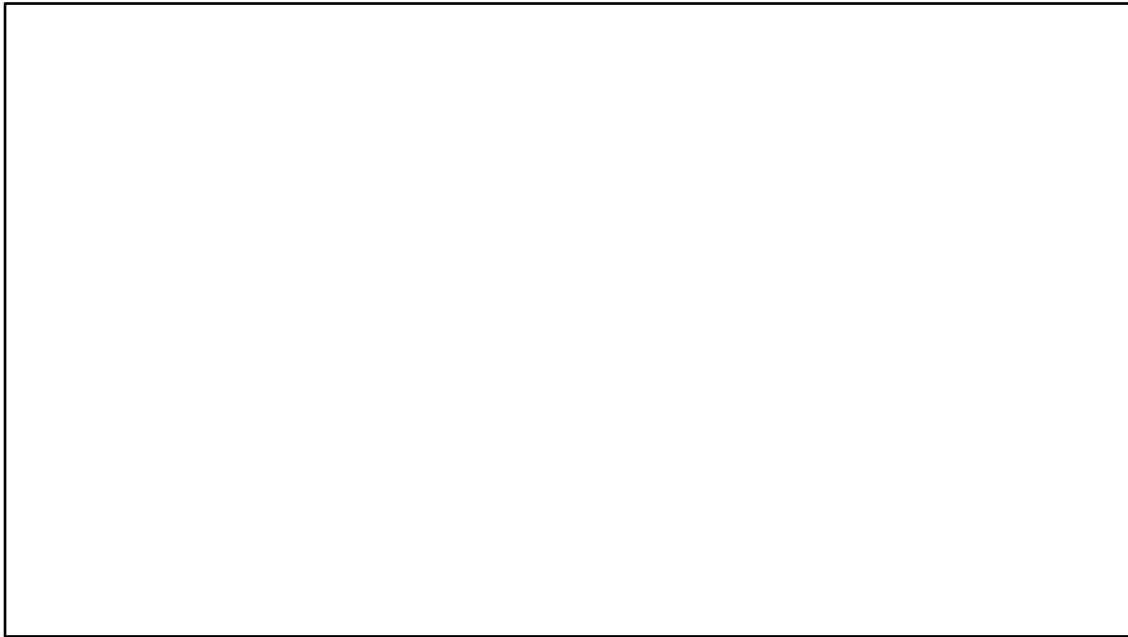
I will choose recipes and create a grocery list before going shopping.



- ‡ Engage in a goal setting activity.
- ‡ Provide an example of a nonSMART goal.
- ‡ Invite the group to discuss how to make it SMART.



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- ‡ Participants fill out the handout and come up with their own SMART goal.
 - ‡ <https://www.heart.org/-/media/healthy-living-files/healthy-for-life/kentucky-inclusivehealth-collaborative/pdfs/smartgoals.pdf?la=en>



‡ Invite participants to ask questions.

Thank You!



- ‡ Thank participants
- ‡ If applicable, encourage them to join the next activity
 - ‡ Provide date/time/location if known