

Research shows the average Canadian family visits a restaurant approximately 520 times per year. They spend about one-fifth of their total household food costs on these meals and snacks. Many studies show families are not getting enough nutrition for the money they are spending on these meals eaten outside the home.

Write down a challenge you have in making more meals at home, and consider a solution to overcome it.

Challenge: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Solution: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- 1 Eat a healthy breakfast every day
- 2 Re-think your snack
- 3 Be active every day
- 4 Choose water
- 5 Enjoy more vegetables and fruit
- 6 Make meals at home**
- 7 Breastfeed babies
- 8 Watch less TV

The Motiv8 way is to plan meals ahead of time to ensure more meals at home are an enjoyable experience for the whole family.

For more information visit  
[www.eatwellgetfitlivelife.ca](http://www.eatwellgetfitlivelife.ca)



## MAKE MEALS AT HOME

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from KFL&A Public Health

Meals made at home, compared to meals purchased outside the home, have been found to be higher in vegetables, fruit, grains, protein and calcium-rich foods, providing higher amounts of iron, folate, fibre, and vitamins A, and C. Making meals at home is nutritionally well-worth the effort.

### Home cooking

Homemade meatloaf and brussel sprouts may not be your favourite childhood memory of family mealtime, but eating more meals at home helps develop good eating habits, prevents weight gain, and improves family communication.

### No time to prepare meals at home?

Pre-packaged, ready-to-eat and take-out foods can help save time, but can also provide too many calories from fat and sugar, making it difficult to get and keep a healthy body weight. Cut the time you spend making meals at home with a little planning.

## GET ORGANIZED

- Prepare a weekly meal plan to cut down on trips to the grocery store and to reduce take-out and dining-out meals.
- Decide on four meals each week, with planned leftovers, that include at least three of the four food groups: vegetables and fruit, grain products, milk and alternatives, and meat and alternatives.
- Keep a grocery list in your kitchen to write down the food items you need.
- Stock your fridge, freezer, and pantry with many of the basic food ingredients from your favourite recipes such as a variety of fresh, frozen and canned vegetables and fruit, whole grain breads and pasta, brown rice, lower fat cheese, milk and soy beverages, canned fish, hummus, canned beans or lentils, chicken, fish, ground beef or turkey and eggs.

Include at least 3 of the 4 food groups

Keep a grocery list

## SAVE TIME

- Make double batches of your favourite recipes on weekends and freeze them. Defrost, heat, and serve for an instant meal during your busy week.
- Take advantage of convenient pre-packaged foods, such as frozen vegetables and fruit, sliced fresh vegetables, and bagged salad.
- Prepare stews, soups, and casseroles in a crock-pot for a hot and ready meal on busy nights.
- Prepare a mixed dish by combining meat and alternatives with vegetables and grains instead of making each part of the meal separately.
- Have one meal perform double duty: prepare extra vegetable tomato sauce that can be used in a pasta, chicken, and ground turkey or beef dish; slice extra vegetables for adding to meals or snacks; and cook extra pasta or rice to enjoy the following night in a cold salad.
- Involve your family in cooking, setting the table and clean up.

Make double batches

Prepare a mixed dish

Involve your family

