

Time Crunched Over the Holidays? Trying to eat healthy?

Plan your meals. During the busy holiday season, meals made at home can often get replaced with fast food. Planning ahead will help you stick to healthier meal options.

Helpful tips:

- Plan easy meals for busy days and bigger meals for when you have more time.
- Encourage those at home to get involved in meal planning. Ask them to choose a meal to add to your meal plan.
- Make and freeze meals for the upcoming week like soups, stews, casseroles, pasta dishes, and chili. These will come in handy on busy weeknights.



Free App suggestions:

[Pepperplate](#): Manage your recipes, plan meals and make shopping lists with this comprehensive app. Create and edit your own recipes, or import recipes online.

[Love Food Hate Waste](#): Helps you reduce your food waste by matching up recipes to your leftover food items, helping with portion planning, and every step in the meal planning process.

[Cookspiration](#): Recipe-only app by Dietitians of Canada.

Adapted from KFLA Public Health Unit.



Thunder Bay District
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