

# SESSION 2: Planning Healthy Meals

In this session, participants will learn the benefits of meal planning including how it can help them save time and money. An educator will discuss the basics of planning meals using MyPlate guidelines. Participants will practice planning healthy meals and determining how much food to purchase.

*\*The structure within this lesson is intended as a guide. Prompts and cues can be tailored to better fit instructor's personality or tone. This curriculum was developed prior to the release of the 2025-2030 Dietary Guidelines for Americans. It reflects the evidence, recommendations, and federal nutrition guidance available at the time.*

## OBJECTIVES

After the session participants will be able to:

1. Plan healthy, budget-friendly meals and snacks.
2. Describe how to include more fruits and vegetables in meals and snacks.
3. State one way to overcome a challenge to planning healthy meals.

## TIME

60 minutes

Additional 15- 20 minutes to include Food Demonstration

## MATERIALS NEEDED

Be sure to have enough copies of each of the participant handouts and other items.

If continued series:

Have folders for returning participants.

Have extra folders and materials/handouts from the previous session for new participants.

### Trainer Materials:

1. Sign-in sheet
2. Pre and post surveys

### Participant Handouts Included in Packet:

1. Orange County (OC) – County Nutrition Action Partnership (OC- CNAP) *How to Get Food Help in OC*
2. AHA *Seasons of Eating* handout
3. USDA *Start Simple with MyPlate* mini poster
4. *Sample Weekly Meal Plan*
5. USDA MyPlate *Create a Grocery Plan Weekly Calendar* worksheet
6. MyPlate *Create a Grocery Game Plan Grocery List* worksheet (time permitting)
7. *CalFresh Healthy Living* – approved *Eat Better-Use the Web* ½ page handout
8. *Home Activities* sheet

## Session Materials not Included in Packet:

1. *CalFresh Healthy Living Everyday Healthy Meals* cookbook
2. For stretch break: *CalFresh Healthy Living [Shape of Yoga Booklet](#)* or
  - a. [Power Up in 10 Booklet](#)
  - b. [Flex with Yoga](#)
3. Food models, 8-ounce measuring cup
4. Optional Posters: *MyPlate*; *Sample Meal Plan*

## Other Items

1. Name tags
2. Colored markers and/or crayons
3. Pens and/or pencils
4. Flip chart paper
5. Blue painter's tape
6. Large envelope for documents
7. Recipe and items for taste testing (*optional food demo*)

### BEFORE TRAINING

Contact and invite a CalFresh Outreach Worker to attend session.

Confirm their attendance.

Confirm your meeting location, date, and time.

Remind participants with a friendly call or email, whichever method works best for you and participants.

Make copies of the trainer materials and participant handouts.

Prepare the following flip chart paper:

1. Outline
2. Group Agreements

### TRAINING DAY

Set out the sign-in sheet and a pen.

Place name tags on the table.

Post flip chart papers to wall.

Provide a table with chair for the CalFresh Outreach Worker, if one attends.

Place pens/pencils, paper, and other items on the tables.

Consider arranging tables/chairs in a shape to allow active participation.

Have music playing as participants arrive. (*optional*)

## SESSION OUTLINE

Have Outline on flipchart paper and tape to wall/write on board.

1. Welcome & Training Introduction (5 min)
2. Group Agreements (5 min)
3. Pre-Survey (5 min)
4. Ice-breaker (5 min)
5. Part 1: Food Assistance Programs (2 min)
6. Let's Plan Meals and Snacks (5 min)
7. Activity 1: What's for Dinner? (15 min)
8. PA Break – Let's Stretch (3 min)
9. Activity 2: Let's Plan Ahead! (5 min)
10. *(Optional)* Activity 3: Food Demo (15 - 20 min)
11. Home Activities (2 min)
12. Conclusion & Post Evaluation (8 min)
13. Closing

## 1. WELCOME & TRAINING INTRODUCTION

**TIME:** ~5 minutes

**REMINDERS:** Post agenda on the wall.

**SAY:** Hi, and welcome to Session 2: Planning Healthy Meals. Great to see you again. For those who are new, welcome, glad you are here.

During today's lesson, we will talk about planning healthy meals, share a few resources, and provide a safe space to share and learn from one another.

Thank you all for returning. Before we begin, let's cover a few housekeeping items.

Please be sure to sign the sign-in sheet.

Please excuse yourself if you need to use the restroom or to take a call.

*(Share instructions on where the restrooms are located, if needed)*

This session is about an hour *(without a food demo)*. Your active participation is appreciated.

**ASK:** Any questions?

## 2. GROUP AGREEMENTS

**TIME:** ~5 minutes

*Recommended to post groups agreements on board.*

### Ongoing Series:

**SAY:** You will notice that our Group Agreements are attached to the wall.

**ASK:** Is there anything we'd like to add and/or remove?

### Single Session:

**SAY:** Here is a list of group agreements. Group agreements allow us to create a safe and welcoming environment.

**DO:** Read aloud a few common group agreements and seek consensus. Ask if there are others to add.

1. Be respectful and have fun!
2. Agree to disagree. Don't yuck my yum!
3. Participate as much as you'd like – your voice matters.
4. Leave cell phone on vibrate and step outside if you need to take a call.

## 3. PRE-SURVEY

**TIME:** ~5 minutes

### MATERIALS:

- **Pre-Survey** (optional)
- Pens
- Large envelope for documents

**DO:** Pass out the **Pre-Survey** and pens.

**SAY:** This is the **Pre-Survey**. Your participation is important and will help us find out if the lessons are effective. We will ask you to complete the form again at the end of the session.

Please answer the questions as best as you can.

Your name will only be used to match pre and post surveys, but your responses will remain confidential.

**DO:** Collect all forms when completed.

## 4. ICE-BREAKER

**TIME:** ~5 minutes

**SUGGESTION:** Post this question on the wall/flipchart paper.

**SAY:** Let's get familiar with our classmates and begin with an icebreaker. Turn to a partner and share one recipe your family asks you to prepare often.

**DO:** Pair participants into groups of 2 or 3 with those sitting around them. Allow a few minutes for sharing.

**SAY:** Thank you everyone for sharing.

Let's begin with some local resources available in our area.

## 5. PART 1: FOOD ASSISTANCE PROGRAMS

**TIME:** ~2 Minutes

**MATERIALS:**

- **How to Get Food Help** in your county handout

**SAY:** Families may need additional resources to ensure they have enough food for healthy meals.

**DO:** Distribute **How to Get Food Help** in your county handout.

**SAY:** Take a moment to review the handout.

1. CalFresh (formerly known as Food Stamps) helps people of all ages get extra food. There are 3 ways to apply:
  - a. Call the interactive or live assistance numbers. *(Refer to the 2 phone numbers listed)*
  - b. Go online. <https://benefitscal.com> *(English and Spanish forms available for both links)*
  - c. Call or go online with community partners to help you apply. *(Refer to 2.1.1 & Community Action Partnership OC)*
2. WIC helps provide food to women who are pregnant or have recently had a baby and children up to 5 years of age. You can call "888" WIC Works number or visit <https://www.myfamily.wic.ca.gov/> to get more information and find locations near to you.
3. Several other food assistance programs – School Lunch, Summer Meals, T/EFAP, Kids Café, Senior Meals Programs, and more. Call 211, Community Action Partnership OC, Second Harvest, your local school and the Office on Aging OC for more information.

(If a CalFresh/Eligibility Worker is in attendance, take some time to introduce them.)

**SAY:** While we have our food budget in mind, let's talk about meal planning.

## 6. LET'S PLAN MEALS AND SNACKS

**TIME:** ~5 minutes

**MATERIALS:**

- *AHA Seasons of Eating* Handout
- *MyPlate Create a Grocery Game Plan* Calendar
- *Start Simple with MyPlate* Handout

**SAY:** By planning at least a few days of meals and snacks for your family you are on your way to:

1. Eating healthier
2. Saving time and money
3. Reducing trips to the grocery store
4. Reducing food waste and helping the environment. When we buy only what we need we throw out less.

**ASK:** Who would like to share what you think about to help you decide what to cook or eat throughout the week? (*Offer examples as needed*)

1. What's already in your freezer, cabinets, and refrigerator? This can help reduce food waste when you use what you already have.
2. Does your family like certain foods?
3. Do you have leftovers? Are there other meals we can make with leftovers? Using your leftovers can also help reduce food waste and help save time.
4. How much time do you have to prepare and cook food?
5. Are there new recipes or foods you want to try?
6. What foods are on sale or in season?

**SAY:** These are all examples of ways that we already meal plan for the days or week ahead. Without us knowing it, we already do small things that can be considered meal planning.

Now that we've thought about some ways to plan. Let's talk about the benefits of healthy meal planning. Why is it important to plan healthy meals?

**ASK:** Would anyone like to share what they find helpful about planning ahead or thinking about what you are going to need to buy before going to the grocery store?

**DO:** Allow participants to share their ideas. (*If participants are having a hard time sharing - feel free to share some of the tips below.*)

**SAY:** Great ideas. Other benefits of planning healthy meals may include:

1. It helps us eat healthier and balanced meals because we take the time to build out a menu.
2. Can help us save time and money.
3. May help reduce the number of trips to the grocery store.
4. It can help reduce food waste and help the environment through better planning.

**SAY:** Meal planning takes time and effort. Another tip we can use to help meal plan is to buy seasonal fruit and vegetables which can sometimes be more affordable.

To help us with our grocery lists, we can look at examples of seasonal foods in the **Seasons of Eating** handout provided. (*Refer to the American Heart Association handout.*)

**DO:** Once people have shared, thank them for participating.

**SAY:** With those ideas in mind, today we are going to plan meals and snacks for two days using the **Create a Grocery Game Plan Weekly Calendar** worksheet. We will also use the **Start Simple with MyPlate** handout as a guide and the **Everyday** cookbook for ideas.

## 7. ACTIVITY 1: WHAT'S FOR DINNER?

**TIME:** ~15 minutes

### **MATERIALS:**

- **MyPlate** Mini Poster
- **Weekly Meal Plan Sample**
- **Everyday Healthy Meals** Cookbook
- **MyPlate Grocery Game Plan Weekly Meal Calendar**

### **Ongoing Series:**

**ASK:** Who can share what the 5 different food groups we learned about in lesson 1? Let's review our MyPlate poster:

### **Both Ongoing and Single Session:**

**SAY:** As we are planning the meals, keep the following tips in mind to help meet the MyPlate guidelines:

1. When possible, include all 5 food groups:
  - a. Make sure there are 3 – 5 food groups in each meal.
2. Make half your plate fruits and vegetables:
  - a. Make sure there is a fruit and/or vegetable in each meal.
  - b. Include 2 vegetables at the main meal.
  - c. Include 1 citrus fruit each day (*orange, grapefruit, tangerine, etc.*).
3. Make half your grains whole grains:
  - a. Include at least three whole grain choices each day (*whole grain cereal, bread, pasta, rice, and crackers*).
4. Got your dairy?:
  - a. Include 2-3 low-fat or fat-free dairy foods each day. Milk on your cereal counts.
  - b. A cup of yogurt or 1 ½ ounces of cheese (a piece the size of your thumb) each count as a serving.
5. Vary your protein food choices:
  - a. Include some lean meat, poultry, or fish. Remove the skin from chicken before or after cooking to get fewer calories and less fat.
  - b. Choose fish for one of the meals – canned tuna or salmon counts.

**DO:** Pass out the **Sample Weekly Meal Plan** worksheet and discuss sharing this is a hypothetical example. Note that each meal and snack offer 3-5 food groups.

**Table 1. Sample Weekly Meal Plan**

	<b>Monday</b> <i>Example</i>	<b>Tuesday</b> <i>To Do in Class</i>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• <i>Breakfast Fruit Cup with Greek yogurt</i></li> <li>• <i>Scrambled eggs with veggies and avocado</i></li> </ul>	<i>(Include 3 – 5 food groups.)</i>
<b>Lunch</b>	<p>Find a lunch recipe that includes at least one vegetable &amp; a protein food.</p> <ul style="list-style-type: none"> <li>• <i>Chicken, Veggie &amp; Corn filled Pita bread</i></li> <li>• <i>Zesty Asian Chicken Salad</i></li> <li>• <i>Tuna Apple Salad</i></li> </ul>	<i>(Include 3 – 5 food groups.)</i>
<b>Dinner</b>	<p>Find a recipe for dinner that includes protein, vegetables &amp; a grain.</p> <ul style="list-style-type: none"> <li>• <i>Chicken &amp; Dumplings</i></li> <li>• <i>Vegetable &amp; Chicken Enchiladas</i></li> <li>• <i>Simple Fish Tacos</i></li> </ul> <p>What vegetable side dishes can we include?</p> <ul style="list-style-type: none"> <li>• <i>Zucchini Sauté</i></li> <li>• <i>Avocado Tortilla Soup</i></li> <li>• <i>Herbed Roasted Vegetable Combo</i></li> </ul>	<i>(Include 3 – 5 food groups.)</i>
<b>Snacks</b>	<p>Find a snack recipe that includes vegetables &amp; a snack recipe that includes grain food.</p> <ul style="list-style-type: none"> <li>• <i>Chickpea (Hummus) Dip with Vegetables,</i></li> <li>• <i>Veggie Tortilla Roll-Up</i></li> <li>• <i>Green salad &amp; Fruit bowl</i></li> </ul>	<i>(Use snacks to fill in any gaps.)</i>

*\*All of the recipes include at least 3 of the 5 food groups*

**SAY:** Based on the tips we just discussed, the *Start Simple with MyPlate* handout, and the example we just discussed, let's use the *Grocery Game Plan Weekly Calendar* worksheet and plan meals and snacks for two days. This is your plan, so make it realistic for your family's needs.

**DO:**

1. Pass out *Grocery Game Plan Weekly Calendar* handout.
2. Pass out the *CalFresh Healthy Living Everyday Healthy Meals* cookbook.
3. Pair up participants. Encourage them to share different dishes and recipes.
4. Ask them to share their family's favorite meals/snacks.
5. Have each pair/group discuss quantity of the items they use to feed their families.

**SAY:** You can refer to the poster on the wall and the cookbooks for other ideas. Be sure that each meal and snack includes 3-5 food groups.

**DO:** Once participants have completed building out their meals and snacks, ask if anyone would like to share.

Alternatively, we can ask participants to count the number of food groups they include and hold up their hand with the number of food groups they counted.

**SAY:** Before we continue planning out our healthy meals, let's take a moment to stretch.

## PHYSICAL ACTIVITY BREAK

### 8. PA BREAK - LET'S STRETCH

**TIME:** ~3 minutes

**SAY:** Physical activity is important...

**ASK:** Who would like to lead us in a 3-minute physical activity, stretch, and/or breathing activity? We will be referring to a page from the *"Shape of Yoga"* or *"Power UP in 10"* booklets.

*(If there are no volunteers, the facilitator can introduce & lead a PA break.)*

**SAY:** Thank everyone for participating.

## 7. ACTIVITY 1: WHAT'S FOR DINNER? (CONTINUED)

### MATERIALS:

- *MyPlate Grocery Game Plan Weekly Meal Calendar*

**SAY:** Let's continue planning our healthy meals.

Some questions to consider when you review your meal plan are:

1. Do you have the recommended amount for each food group each day? (Refer to the back side of the **Start Simple with MyPlate** handout.)
2. Is half the plate fruits and vegetables?
3. Do the meals have a good variety of colors and flavors?
4. Are the recipes easy to prepare?
5. Will your family like the meals?
6. Do you need to make any changes?

After reviewing your **Game Plan Weekly Calendar**, who would like to share some of the changes you made to your meals and/or snacks?

*Time permitting*, allow participants to continue building out the rest of the **Grocery Game Plan Weekly Calendar**.

**SAY:** Using the **Grocery Game Plan Weekly Calendar** worksheet is one way to help us with healthy meal planning.

## 9. ACTIVITY 2: LET'S PLAN AHEAD! (SUGGESTED ONLY IF TIME ALLOWS)

**TIME:** ~5 minutes

### MATERIALS:

- *USDA MyPlate Create a Grocery Game Plan Grocery List*

Brief Introduction to "Shopping on A Budget – Session 3"

**DO:** Review **Create a Grocery Game Plan Grocery List** in preparation for next session.

**SAY:** Looking over our weekly calendar, we are now going to talk about a few tips to consider when making a grocery list. You can write these tips down if you'd like.

Let's think about a few questions:

1. First, we can look at your local grocery store ads for weekly deals and coupons.
2. Next, how much food will you need to buy? This can help save time and money by having a list of items needed before you go to the store.
3. Let's look at two examples:

**Whole fruits** – How much fruit should you buy if you wanted to serve a ½ cup of fruit to a family of four? ½ cup each for 4 people is 2 cups. *(Or use fruit, such as bananas or apples, as an example.)*

a. Remember, whole fruit is preferred over 100% juice – as it increases the amount of fiber and potassium we eat.

**Meat** can be an expensive part of our food budget, so it is important to buy and serve the right amount – for health and our wallet!

a. As a guideline, 4 ounces of raw meat becomes 3-ounces of cooked meat due to the loss of water and fat when cooking.

Or just remember that one pound of ground meat serves about 4 people. Also, some things to consider - bones, fat, water and shells will add weight.

*(If session is part of the series – remind the class that creating a complete grocery list will be part of session 3.)*

## 10. (OPTIONAL) ACTIVITY 3: FOOD DEMO

**TIME:** ~15 – 20 minutes

Food Demonstration or Taste Test *(must be ServSafe certified.)*

1. Prepare one recipe from the **CalFresh Healthy Living Everyday Healthy Meals** cookbook or EatFresh.org.
2. Or conduct a taste test with vegetables; options include use of vegetables in season, compare fresh, canned, and frozen vegetables, compare raw and cooked vegetables.

## 11. HOME ACTIVITIES

**TIME:** ~2 minutes

1. Continue using your worksheet and plan meals for one week.
2. Post your weekly meal plan on the refrigerator to remind you and family members to eat healthy meals and snacks.
3. Try two of the activities in *The Shape of Yoga* or *Power Up in 10* booklets.
4. Go to MyPlate.gov or *CalFresh Healthy Living* or Eat Fresh websites and find two tips on how to be more physically active and for more healthy recipes.
5. Refer to the **Eat Better-Use the Web** handout.

## 12. CONCLUSION & POST-EVALUATION

**TIME:** ~8 minutes

You don't have to be perfect. Meal plans are meant to be adaptable based on your family's preference, sale items or the opportunity to try new foods.

Feel free to take a booklet home with you for tips on physical activity and exercises you can do at home.

**DO:** Place a few copies of *"The Shape of Yoga"* or *"Power Up in 10"* booklets at the table.

With these tips, we hope that you can:

1. Plan healthy, budget-friendly meals and snacks.
2. Describe how to include more fruit and vegetables in meals and snacks.
3. State one way to overcome a challenge to planning healthy meals.

Please take a moment to reflect on what we discussed today.

**ASK:** Are there any remaining questions before we complete the session evaluation?

**SAY:** If there are no additional questions, we will now take the remaining time to complete our post-survey. Your feedback is very important to us. Please include your answers to these brief questions.

**DO:** Distribute post survey/session evaluation form (*attached below*) or conduct verbally.

## 13. CLOSING

**SAY:** Thank you for attending our class today. I hope you are now able to plan healthy meals. Remember- planning can help you get organized, save money, choose healthy options, and reduce food waste.

*If part of a series of classes, you may choose to introduce the next session:*

At our next class, we will talk about shopping on a budget. Please bring your grocery store circular ads to our next meeting.

Circle One: **PRE** or **POST**

**NAME:**

## NUTRITION 5 – LESSON 2 EVALUATION FORM

### PLANNING HEALTHY MEALS

Please respond to the following questions using the scale below.

After attending this session, I feel confident that I can:

	<b>STRONGLY AGREE</b>	<b>AGREE</b>	<b>NEUTRAL</b>	<b>DISAGREE</b>	<b>STRONGLY DISAGREE</b>
1. I can name two food assistance programs in my area that can help families obtain additional food.					
2. I can plan two days of healthy, budget-friendly meals and snacks.					
3. I can describe at least three ways to include more fruit and vegetables in meals and snacks.					
4. I am familiar with the Grocery Game Plan Weekly Calendar and can use it to plan weekly meals.					

Please return this form to the instructor when you are done.






## NUTRITION 5 CURRICULUM - HOME ACTIVITIES SHEET

# LESSON TWO - Planning Healthy Meals





**INSTRUCTIONS:** The following are recommended activities to try at home on your own or with your family. We will have some time during the next class to share what you accomplished. Feel free to post on a wall or the refrigerator at home to track your progress!

ACTIVITY	STATUS
Apply for CalFresh benefits, if available.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> In Progress <input type="checkbox"/> Does not apply
Make half your plate fruits and vegetables at least 3 times this week.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> In Progress
Be physically active for at least 30 minutes 3 times this week.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> In Progress
Make a weekly meal plan.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> In Progress
Make a shopping list based on your weekly meal plan.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> In Progress

# Food Resources in Orange County

Organization	Ask About These Programs	Contact Info
	<ul style="list-style-type: none"> <li>• CalFresh</li> <li>• CalFresh Expedited Services</li> <li>• Restaurant Meals Program</li> <li>• SUN Bucks</li> </ul>	<p>For live assistance: (800) 281-9799  <a href="http://www.BenefitsCal.com">www.BenefitsCal.com</a>                      Restaurant Meals Program Locations:  <a href="https://www.cdss.ca.gov/rmp">https://www.cdss.ca.gov/rmp</a></p>
	<ul style="list-style-type: none"> <li>• Pre-Screening for CalFresh Program</li> <li>• CalFresh &amp; Farmers Markets</li> <li>• Additional Food Assistance Programs</li> </ul>	<p>Call 2-1-1 or (888) 600-4357 (toll free) 24-hrs  <a href="http://www.211oc.org">www.211oc.org</a>                      CalFresh:                      Text "FOOD OC" to 74544</p>
	<ul style="list-style-type: none"> <li>• Pre-Screening for CalFresh Program</li> <li>• The Emergency Food Assistance Program (TEFAP or EFAP)</li> <li>• Commodity Supplemental Food Program (CSFP)</li> </ul>	<p>(714) 897-6670  <a href="http://www.ocfoodbank.org">www.ocfoodbank.org</a></p>
	<ul style="list-style-type: none"> <li>• Kids Cafe and Summer Meals</li> <li>• Child and Adult Care Food Program (CACFP)</li> <li>• School Pantry and College Pantry</li> <li>• The Emergency Food Assistance Program (TEFAP/EFAP)</li> <li>• Mobile Pantry</li> <li>• Senior Grocery Program</li> <li>• Park-it-Market</li> </ul>	<p>Call 2-1-1                      Food Pantry Map:  <a href="https://feedoc.org/need-food/#find-food">https://feedoc.org/need-food/#find-food</a></p>
	<ul style="list-style-type: none"> <li>• Nutrition education &amp; supplemental foods</li> <li>• Breastfeeding support</li> <li>• Farmers' Market vouchers (Seasonal)</li> </ul>	<p>(800) 852-5770  <a href="https://myfamily.wic.ca.gov/">https://myfamily.wic.ca.gov/</a></p>

# Food Resources in Orange County

Organization	Ask About These Programs	Contact Info
	<ul style="list-style-type: none"> <li>• Free Universal School Meals</li> <li>• Summer Meals Program</li> </ul>	<p>Contact your local school district.</p> <p><b>Summer Meals:</b>  <a href="https://www.fns.usda.gov/summer/sunmeals">https://www.fns.usda.gov/summer/sunmeals</a></p>
	<ul style="list-style-type: none"> <li>• Congregate Meals Program</li> <li>• Home Delivered Meals</li> <li>• Senior Farmers Market Nutrition Program (SFMNP)</li> </ul>	<p><b>(800) 510-2020 or (714) 480-6450</b></p> <p><a href="http://officeonaging.ocgov.com">http://officeonaging.ocgov.com</a></p>
	<ul style="list-style-type: none"> <li>• Nutrition education supports</li> <li>• Master Food Preserver Program</li> </ul>	<p><b>Nutrition Education:</b>  <a href="https://ucanr.edu/sites/EFNEP_OC/">https://ucanr.edu/sites/EFNEP_OC/</a></p> <p><b>Master Food Preserver:</b>  <a href="https://ucanr.edu/sites/MFPOC">https://ucanr.edu/sites/MFPOC</a></p>
	<ul style="list-style-type: none"> <li>• Nutrition security and food waste reduction supports</li> </ul>	<p><a href="http://www.aboundfoodcare.org/">http://www.aboundfoodcare.org/</a></p>



# SEASONS OF EATING

## SPRING

Artichokes	Fava beans	Lettuce	Rhubarb
Asparagus	Green onions	Parsnips	Swiss chard
Carrots	Leeks	Peas	
Chives		Radishes	

## SUMMER

Berries	Garlic	Peppers (sweet, hot)	Squash, summer (yellow, zucchini)
Corn	Grapes	Stone fruit (apricots, cherries, nectarines, peaches, plums)	Tomatoes
Cucumbers	Green beans		Zucchini
Eggplant	Melons		
Figs			

## FALL

Apples	Dates	Squash, winter (acorn, butternut, spaghetti)	Sweet potatoes
Brussels Sprouts	Pears		
	Pumpkins		

## WINTER

Bok choy	Citrus fruit (clementines, grapefruit, lemons, limes, oranges, tangerines)	Endive	Root vegetables (beets, turnips)
Broccoli		Leafy greens (collards, kale, mustard greens, spinach)	
Cauliflower			
Celery			

## KEEP THESE TIPS IN MIND WHEN USING AND SHOPPING FOR SEASONAL PRODUCE:

- **Save money.** Fresh foods are often less expensive during their harvest season. You may even save money by buying in bulk.
- **Chose local produce.** Eat locally and regionally grown fruits and vegetables when possible. These offer more taste and retain more nutrients than produce that's been picked weeks earlier and shipped across the country or world. Choosing local also can help reduce our carbon footprint.
- **Shop at a local farmers market.** Learn about produce you may be unfamiliar with and get ideas on how to cook it.
- **Grow your own produce.** Gardening offers fresh seasonal produce and some physical activity, too. Because gardening can be therapeutic and gratifying, it can also help with overall well-being.
- **Freeze fresh produce.** Add frozen fruit and vegetables to smoothies, soups, breads or baked goods, such as blueberries in pancakes or shredded zucchini in a quick bread.

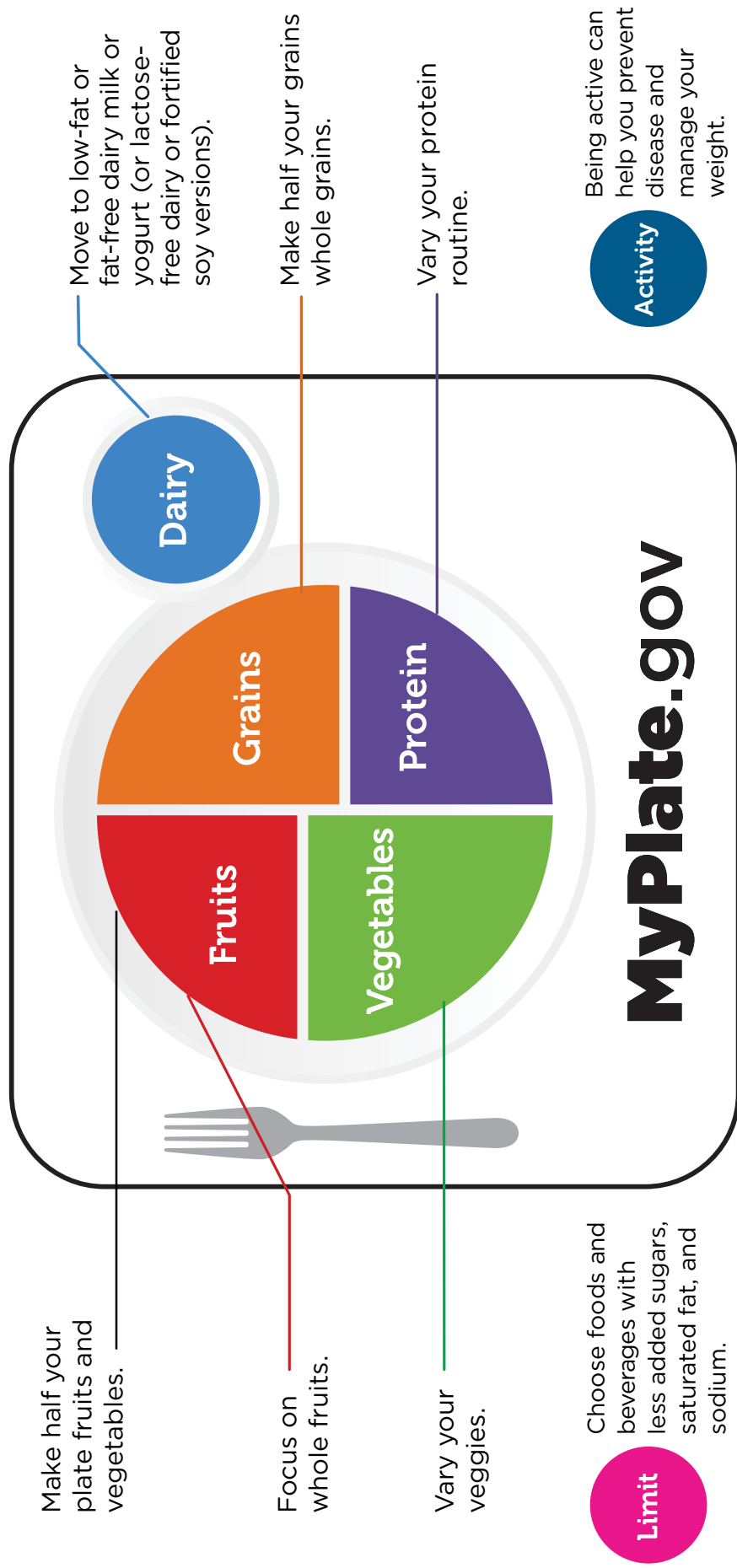
Learn more at [heart.org/HealthyForGood](https://heart.org/HealthyForGood)

**EAT SMART MOVE MORE BE WELL**



# Start *simple* with MyPlate

Healthy eating is important at every life stage,  
with benefits that add up over time, bite by bite. Small changes matter.





**Fruits**

Focus on whole fruits like fresh, frozen, canned, or dried.  
Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.



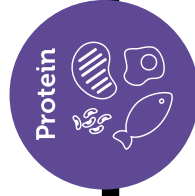
**Vegetables**

Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.  
Fresh, frozen, and canned count, too. Look for “reduced sodium” or “no-salt-added” on the label.



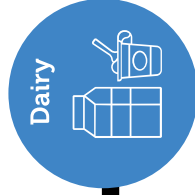
**Grains**

Choose whole-grain versions of common foods such as bread, pasta, and tortillas.  
Not sure if it's whole grain? Check the ingredients list for the words “whole” or “whole grain.”



**Protein**

Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.  
Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.



**Dairy**

Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.  
Lactose intolerant? Try lactose-free milk or a fortified soy beverage.

## Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit [MyPlate.gov/MyPlatePlan](https://www.myplate.gov) for a personalized plan.

### 2 cups

1 cup counts as:

- 1 small apple
- 1 large banana
- 1 cup grapes
- 1 cup sliced mango
- ½ cup raisins
- 1 cup 100% fruit juice

### 2½ cups

1 cup counts as:

- 2 cups raw spinach
- 1 cup cooked collard, kale, or turnip greens
- 1 small avocado
- 1 large sweet potato
- 1 cup cooked beans, peas, or lentils
- 1 cup cut cauliflower

### 6 ounces

1 ounce counts as:

- 1 slice of bread
- ½ cup cooked oatmeal
- 1 small tortilla
- ½ cup cooked brown rice
- ½ cup cooked couscous
- ½ cup cooked grits

### 5½ ounces

1 ounce counts as:

- 1 ounce cooked lean chicken, pork, or beef
- 1 ounce tuna fish
- ¼ cup cooked beans, peas, or lentils
- 1 Tbsp peanut butter
- 2 Tbsp hummus
- 1 egg

### 3 cups

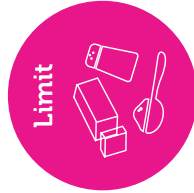
1 cup counts as:

- 1 cup dairy milk or yogurt
- 1 cup lactose-free dairy milk or yogurt
- 1 cup fortified soy milk or yogurt
- 1½ ounces hard cheese
- 1 cup kefir

Choose foods and beverages with less added sugars, saturated fat, and sodium.

Limit:

- Added sugars to <50 grams a day.
- Saturated fat to <22 grams a day.
- Sodium to <2,300 milligrams a day.



**Activity**



Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day    Adults ≥ 150 min/week

## SAMPLE WEEKLY MEAL PLAN

	MONDAY* EXAMPLE	TUESDAY TO DO IN CLASS
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• <i>Breakfast Fruit Cup with Greek yogurt</i></li> <li>• <i>Scrambled eggs with veggies and avocado</i></li> </ul>	<i>(Include 3 – 5 food groups.)</i>
<b>Lunch</b>	<p>Find a lunch recipe that includes at least one vegetable &amp; a protein food.</p> <ul style="list-style-type: none"> <li>• <i>Chicken, Veggie &amp; Corn filled Pita bread</i></li> <li>• <i>Zesty Asian Chicken Salad</i></li> <li>• <i>Tuna Apple Salad</i></li> </ul>	<i>(Include 3 – 5 food groups.)</i>
<b>Dinner</b>	<p>Find a recipe for dinner that includes protein, vegetables &amp; a grain.</p> <ul style="list-style-type: none"> <li>• <i>Chicken &amp; Dumplings</i></li> <li>• <i>Vegetable &amp; Chicken Enchiladas</i></li> <li>• <i>Simple Fish Tacos</i></li> </ul> <p>What vegetable side dishes can we include?</p> <ul style="list-style-type: none"> <li>• <i>Zucchini Sauté</i></li> <li>• <i>Avocado Tortilla Soup</i></li> <li>• <i>Herbed Roasted Vegetable Combo</i></li> </ul>	<i>(Include 3 – 5 food groups.)</i>
<b>Snacks</b>	<p>Find a snack recipe that includes vegetables &amp; a snack recipe that includes grain food.</p> <ul style="list-style-type: none"> <li>• <i>Chickpea (Hummus) Dip with Vegetables,</i></li> <li>• <i>Veggie Tortilla Roll- up</i></li> <li>• <i>Green salad &amp; Fruit bowl</i></li> </ul>	<i>(Use snacks to fill in any gaps.)</i>

\*All of the recipes include at least 3 of the 5 food groups



# CREATE A GROCERY GAME PLAN

## WEEKLY CALENDAR

	SUN	MON	TUE	WED	THU	FRI	SAT
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

### NOTES:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# CREATE A GROCERY GAME PLAN

## GROCERY LIST

### FRUITS

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### GRAINS

(BREADS, PASTAS, RICE, CEREALS)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### DAIRY

(MILK, YOGURT, CHEESE)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### VEGETABLES

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### PROTEIN FOODS

(MEAT, SEAFOOD, BEANS & PEAS, NUTS, EGGS)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### OTHER

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### NOTES:

\_\_\_\_\_

\_\_\_\_\_

# Eat Better – Use the Web

Find recipes and tips on healthy eating at:

Encuentre recetas y consejos sobre comidas saludables en:

Tìm công thức nấu ăn và thêm lời khuyên về ăn uống lành mạnh ở:

## CalFresh Healthy Living



[CalFresh Healthy Living](http://www.calfresh.dss.ca.gov/healthyliving/home)  
([www.calfresh.dss.ca.gov/healthyliving/home](http://www.calfresh.dss.ca.gov/healthyliving/home))



## MyPlate

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## eatFresh.org

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**eatFresh.org**



This material was funded by the United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program--SNAP. This institution is an equal opportunity provider.

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