

Meal Planning

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USDA helps with Nutrition

- Breakdown of Food Groups
- <https://youtu.be/-J1hmmy1OB4>

- More information
- <https://www.myplate.gov/>

- https://fns-prod.azureedge.net/sites/default/files/tn/sump_level1.pdf
- https://fns-prod.azureedge.net/sites/default/files/tn/sump_level2.pdf
- https://fns-prod.azureedge.net/sites/default/files/sump_level3.pdf

- These guidelines could be different for everyone depending on dietary restrictions such as: allergies, directions from a physician, or personal choice.
- Everyone has different caloric needs, which are based on age, gender, height, weight, and physical activity level

Portions Sizes MyPlate

My Plate Suggestions	Using your Hand	Common Items for measurement not portion
Vegetables: 1/2 of plate more than fruit		1 cup: baseball
Fruits: ½ of plate less than vegetables		½ cup: tennis ball
Grains: ¼ of the plate	The knuckles of your fist is able ½ cup of pasta	¼ cup golf ball
Proteins: ¼ of the plate	Thumb tip=Tablespoon: spoon of peanut butter Opened palm of hand: chicken breast	3 ounces: small smart phone or deck of cards
Dairy: 1 cup per meal	Whole fist-1 cup: ice cream	1 Tablespoon: Poker Chips
	Fingertip-Teaspoon: butter/cheese	1 Teaspoon: Dice

Age	Fruit	Vegetables	Grains	Protein foods	Dairy/Calcium-rich foods	Oils Allowance
4- 8 yrs	1 1.5 cups	1.5 cups	5 oz. equivalents*	4 oz. equivalents**	2.5 cups	4 teaspoons
9-13 yrs girls	1.5 cups	2 cups	5 oz. equivalents*	5 oz. equivalents**	3 cups	5 teaspoons
9-13 yrs, boys	1.5 cups	2.5 cups	6 oz. equivalents*	5 oz. equivalents**	3 cups	5 teaspoons
14-18 yrs, girls	1.5 cups	2.5 cups	6 oz. equivalents*	5 oz. equivalents**	3 cups	5 teaspoons
14-18 yrs, boys	2 cups	3 cups	8 oz. equivalents*	6.5 oz. equivalents**	3 cups	6 teaspoons

Portion Size for Food Groups Based on Age

*1 oz equivalent of Grains: 1 mini bagel, ½ cup of cooked rice, ½ cup of cooked pasta, or 1 regular slice of bread.

**1 oz equivalent of Protein Foods: 1 egg, ½ oz of nuts or seeds, 1 oz of cooked meat/poultry, fish, 1/4 cup of cooked beans or 1 tablespoon of peanut butter. To learn more about portions

visit: <https://www.choosemyplate.gov/>

Where to start Meal planning

- Budget: How much can you afford to spend a week.
 - Look at ads and specials to make your budget stretch farther
 - Share a membership with a friend to a big box stores to buy in bulk if storage space is available
 - Remember certain foods such as fresh fruits and vegetables and milk have shorter shelf life so plan to buy in smaller amounts but more often
 - Don't buy food that cannot be eaten as a leftover as a second meal.
- Time available
 - Don't buy food that takes a long time to prepare if you have a busy schedule
 - Remember that prepared/processed foods may take less time to prepare but typically cost more
- Preferred Foods
 - If you are cooking for more than yourself then you should ask others

How many days are you preparing in advance

- Day to day
 - Meal packing
 - Does the meal have to come with you-storage and maintaining proper temperature
 - Be mindful of others if using a microwave. Frozen meals that take extended time (5-10 minutes) may prevent others having time to use it. Reheating food is a better choice.
- Whole Week
 - Weekly meal prep
 - Supplies-plastic, glass, storage containers
 - Refrigerator space
- Whole Month
 - Freezing options
 - Can the food be frozen?
 - Storage containers
 - Freezer space

Ideas for Activities On Saturday

- Cooked pasta
 - Student determines how much is a proper serving by scooping out.
 - That serving is measured using measuring cups
 - Spaghetti measures
- Explore different storage containers. Compare freezer to regular ziplock for thickness of zip. Also have the sealing machine from Amazon
- Make a MyPlate to take home with pipe cleaners

Activity Challenge-Beginner Level

- (Quick & Easy ECC) Explore a variety of plastic storage bags. Include different sizes, closures (twist tie, fold flap, zipper, slide lock) and thicknesses (regular versus freezer). Choose one type of bag
 - Practice opening and closing bag, without food in it and placing food into bag and then closing it
 - Discuss why food needs to be covered.
 - Plan a simple healthy snack option-discuss what needed and portion size

Activity Challenge-intermediate level

- (Quick & Easy ECC) Home Practice: place a small amount of leftovers on a plate with no cover and put it in the refrigerator. Place another small amount of the same leftovers in a plastic storage bag or container. Feel and smell the differences over a few days. Uncovered food should NOT be eaten.
- Select two nutritional snacks-measure out portion size, determine calories for snack
- Plan an individual sized meal-lunch or supper, determine portion and calories

Activity Challenge-Pro level

- (Quick & Easy ECC) Estimate food for a gathering or party
 - Compare 8 oz and 32 oz empty containers of yogurt. Ask the student to guess how many servings are in each container. Read the label to see if the student was correct.
 - Follow Up: have the student prove the number of yogurt servings two ways:
 - a.) have student fill the small container with water, and then pour the contents into the large container. How many small yogurts would fill a large container.
 - Use an accessible calculator to determine the number of servings in the larger container.
 - Follow up: Have students guess the serving size per container of other products.

Activity Challenge-Pro Level (continued)

- Plan a meal for the family-determine shopping list, portion size for each, make sure to consider cost, food preferences, and preparation time necessary.

Can you plan a meal for 4 for under \$20 or \$10???