

Mealtime Fun: PLANNING WITH THEMES

Theme nights can be a fun way to involve the kids in meal planning.

USE THEMES TO PLAN MEALS!

* COOKING METHOD

Grill, no-cook, stir fry, bake, sheet pan, **slow cooker**...

* SPECIFIC CUISINE

Chinese, Italian, Mexican, Cajun, Indian, Tex-Mex, German, French...

* TYPE OF FOOD

Soup, sandwiches, salads, meatless, breakfast for dinner...

* SEASON

Spring, Summer, Fall, or Winter.



* HOLIDAY

Fourth of July, Thanksgiving, Halloween, New Year's...

* INGREDIENT

Acorn squash, pasta, strawberries, bok choy, chicken...

* LEFTOVERS

Turn leftover roast turkey into a wrap or soup. Or, convert leftover burgers into chili or spaghetti sauce.



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* PANTRY CLEAN-OUT

Have each family member pull out a food item from the cupboard, refrigerator, or freezer. Then, create a meal using all of the ingredients they chose.

* BOOK OR MOVIE

Make foods that appear in your favorite story. For example, you could create *The Very Hungry Caterpillar's* food adventure or serve up *Sam I Am's* Green Eggs and Ham.

* FRIENDS' FAVORITES

Try a new food or recipe you've learned about from your friends.

* BREAKFAST FOR DINNER

Serve up those omelets and biscuits or buckwheat pancakes.

* 50 STATES

Pick a popular meal from another state. You could try Texas red beans, Boston Chowder, Chicago-style pizza, or Alaskan sourdough bread!

STUFFED ANIMAL OR FAVORITE TOY

Plan a meal for your child's favorite stuffed animal or toy. Have your child help plan, prep, and serve foods they think their favorite pal would like to eat.



The opportunities for theme nights are endless. With everyone's help, you might be surprised by all of the ideas your family comes up with.

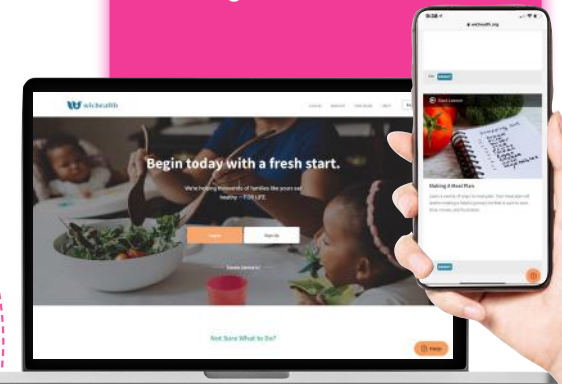


Take This Lesson Learn:

- A variety of ways to meal plan.
- How to create a helpful grocery list.
- Ideas to get your kids involved.

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category: **Planning Simple Meals And Snacks**
- Choose the lesson: **Making A Meal Plan**



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