

MEAL PLANNER

Challenge addressed: Family Mealtimes

This is an activity to complete as a family. After filling in the 'Favourite Foods' resource (downloadable from the Parents' Toolkit website) you then select at least one food from the list of favourite foods made by each family member in order to create a meal idea. This ensures that each family member will like at least one food selected within every meal. The aim is that you aren't having to make different meals for each person - you're just adapting the main meal to suit all tastes for the whole family. Think of your child's nutrition as what they consume over the course of the day and week – as long as they're eating food from all the food groups across their meals, this will contribute to a balanced diet.

Scan for more information



MEAL PLAN

SHOPPING LIST

MON

TUE

WED

THU

FRI

SAT

SUN

Dietitians' tips to simplify family meals:

- Design meals that consist of multiple components, allowing family members to customise their plate. E.g. if you're making fajitas, you can offer a variety of fillings and sides that suit different preferences, whilst still keeping the core of the meal the same.
- Prepare a base that everyone can eat e.g. pasta / rice / baked potatoes / pizza base, and offer simple different toppings or sides.
- Prepare dishes where the ingredients are separate, so family members can assemble their own meal based on what they like.
- Rotate which family members favourite food is featured each night, while ensuring the meal remains flexible enough for others to enjoy. This could be offering a vegetable that they really enjoy if the other aspects of the meal are less favourable to them.



FAVOURITE FOODS

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This is an activity to complete together as a family. Fill out the table below with the food that each family member likes. Don't worry if the list isn't very long at first. Over time, you can add more food items that each family member likes. Then, use this filled-in 'Favourite Foods' table with our 'Meal Planner' template (downloadable from the Parents' Toolkit website) to write a menu for the week. You can select at least one food from each family member's list of favourite foods in order to create a meal idea which includes one 'liked food' for each person on the table. You can keep this on the fridge so it is easy for everyone in the family to see and amend as their list of food likes grows and changes over time.

FOR EXAMPLE...

	name likes	likes	likes	likes	likes
PROTEIN	chicken drumsticks, turkey, chicken breast, mince, steak, pork, lamb, salmon, tuna, tofu, sardines, prawns, peanut butter, mackerel, almonds, beans, sunflower seeds, seitan, lentils				
STARCHY CARBS	pasta, rice, boiled potatoes, mashed potatoes, pitta bread, wraps, chapatis, yam, cassava, cereal, plantain, porridge, bread, potato cakes, crumpets, crackers				
VEG	carrots, broccoli, cabbage, sweetcorn, peas, aubergine, beans, leeks, parsnips, cucumber, lettuce, butternut squash, beansprouts, peppers, celery, swede, radish				
FRUITS	apple, banana, orange, pear, peaches, grapes, pineapple, mango, melon, raspberries, kiwi, strawberries, blueberries, blackberries, clementine				
DAIRY PRODUCTS	plain yoghurt, milk, mozzarella, cheddar cheese, cottage cheese, paneer, soya milk, oat milk				

