

Four “P”s to Start the New Year Strong

Eating healthier and saving money – these are the two most common New Years’ Resolutions; but on average, most Americans abandon these goals by about two weeks into the New Year. If you’re hoping to grow in one or both of those areas, here are four time-saving tricks that might help you make it happen in 2023!

Pre-Plan:

Designate one day a week for meal planning. Plan breakfasts, lunches, and dinners for a 7-day period and post the plan where everyone can see it!



Pickup:

Grocery pickup is a time and money saver growing in popularity. As soon as you finish meal planning, fill your digital cart and schedule a pickup that works for your schedule.



Prep:

Whatever you can prep ahead is time saved! Wash and chop produce, divide proteins into the right portions, etc. That way when it’s time to cook, you’re already a step ahead.



Pre-Pack:

Once the meals are planned, the groceries are picked up, and the ingredients are prepped, you’re ready for the last step: Pre-pack snacks and meals for the week. Now everyone can grab and go!



Gather, Eat, GO! Family Dinner

What’s one of the easiest things every family can do to improve their overall health? Eat dinner together as a family! Consistent family dinners are proven to raise grades and self-esteem, boost vocabulary and resilience, and are a first defense against childhood obesity and eating disorders. It’s amazing what an hour at the table together can do for the whole family! This month, consider doing a Family Dinner Challenge. For 40-days, set aside time to eat together as a family.

To keep you going, this site has conversation starters, parenting advice, family-friendly recipes, and more:

<https://thefamilydinnerproject.org/resources/faq/>



National Compliment Day

Did you know National Compliment Day is January 24th? Our School Meal Hero program is a great way to participate!

Nominate a school nutrition worker here:

<https://rethinkschoolmeals.com/nominate>



Eat Colorfully

When you plan a meal, think COLOR. Why? The different, vibrant colors of fruits and vegetables represent the different nutrients that are necessary for a whole, healthy diet. This month, we want to challenge you to put a rainbow bowl on the menu! Start with a starch (grains, potatoes), add a fiber (beans, greens), plus protein (nuts or meats), then get adventurous with different vegetables, fruits, sauces, and/or herbs. The best thing about these bowls is they’re also great to prep ahead of time!

For more ideas, check out:

<https://www.wholekidsfoundation.org/blog/how-to-eat-a-rainbow>

We’re rethinking school meals!

Join us as we celebrate the good work
in schools across the country.

rethinkschoolmeals.com

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