

## Family Meal Calendar for the week of \_\_\_\_\_

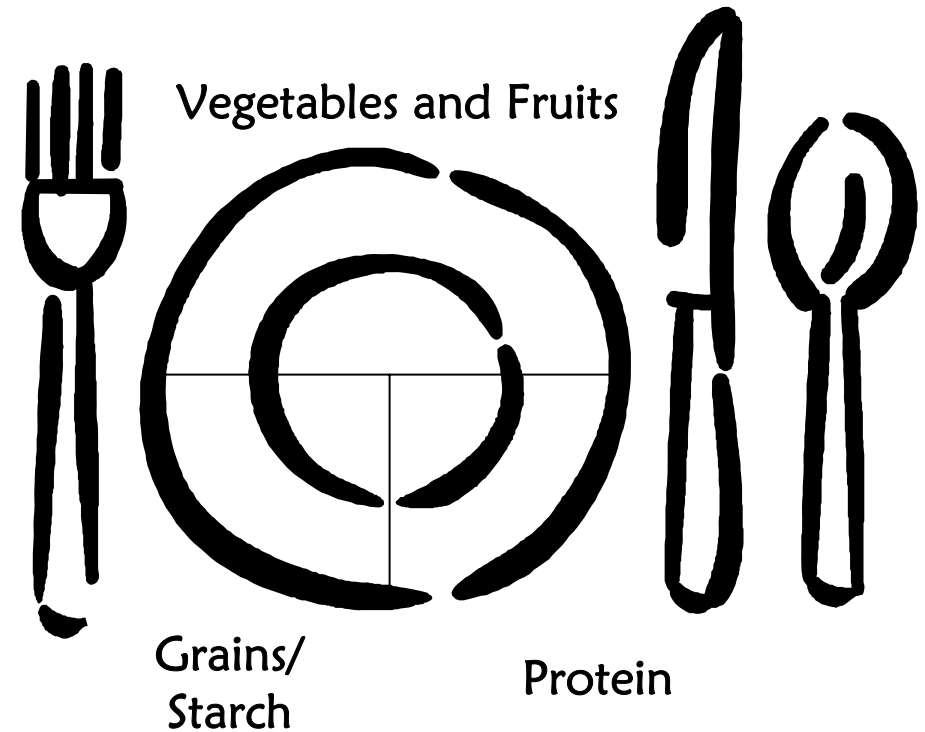
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Who?</b> will be there							
<b>Where?</b> will we eat							
<b>When?</b> will we eat							
<b>How?</b> will the meal be prepared/ who is doing what							
<b>What?</b> is going to be served  Main course:  Vegetables:  Fruits:  Other sides:							
<b>Comments</b> How did it go?							

This meal planning calendar was developed for use in community health and nutrition programs by Purdue University's Center for Families Promoting Family Meals Project, by Emily Hutson, under the direction of Barbara Mayfield, MS, RD, director, with the Indiana State Nutrition Action Plan (SNAP) team.

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## Grocery List

# Design a Dinner



Make sure to...

- Vary your Vegetables!
- Focus on Fruits!
- Go lean with Protein!
- Make half your Grains whole!
- Get your Calcium Rich foods!

