



Menu Planning:



Why?

- Easier to increase fruit, vegie and water intake and therefore provide healthy meals & snacks
- Makes shopping easier
- Gives clients the chance to contribute to their meals
- Saves time and money
- Makes meal times easier

How?

1. Hold a meeting with residents and as many staff as possible, possibly on the weekend, so shopping can be done afterwards.
2. Involve residents in choosing meals.
3. Plan breakfast, lunch, dinner and healthy snacks for the week/fortnight/month.
4. Use the Healthy Food Fast Cookbook, Visual Step by Step cookbook or other appropriate cookbooks.
5. Ensure the menu has variety; Check the Healthy Food Fast cookbook meal plan guide & shopping list for ideas.
6. Ensure lunch and dinners include;
 - ½ plate of vegetables
 - ¼ plate lean meats & alternatives; fish/chicken/beans/egg/tofu
 - ¼ plate carbohydrates; rice, pasta, bread, sweet/potato, corn, wraps
7. Cook the same meal for all residents; some meal ingredients can be changed or added to suit the special needs of residents.
8. Use a shopping list; Try the Swap it shopping List.
9. Put the meal plan up where everyone can see.