

Action Plan:

Get the Job Done With Meal Planning Tools

Choose a dedicated time and place to meal plan.

When:

Where:

Who will help:

Choose and gather all the tools you will need.

Keep them in the same place from week to week! You can find lots of great template ideas online. Besides your family's calendar, below are our favorite templates.

- Family Favorites
- Theme Ideas
- Food on Hand Inventory
- Grocery Lists
- Weekly Plan Templates

[Click here to download a Tool Set which includes all these templates and more.](#)

Gather your store ads and loyalty program offers.

If you aren't already signed up for your store loyalty program, be sure to check it out. Members can save hundreds of dollars a year on items they regularly purchase. Take our *Maximize Food Dollars* lesson to learn more ways to get the most nutrition with your budget!

Assign age-appropriate roles for each of your children.

Take time to teach each family member how you are meal planning. Show them how they can help. It is especially important to work with each child one-on-one to help them learn their role/s.

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