

Developed by

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Lesson 1—Meal Planning in Less Time

Participants will learn:

- The benefits of meal planning
- Various methods to prepare menus
- Nutritional considerations in meal planning

Lesson 2—Shopping Essentials

Participants will learn:

- Tips to save time and money at the grocery store
- How to keep food safe from store to home
- How to use the nutrition facts label
- How to incorporate whole grains, fruits, vegetables and dairy into meals

Lesson 3—Healthy Meals in Less Time

Participants will learn:

- Time-saving strategies for meals in less time
- Healthy ingredient substitutions

Each class can be taught in
1 to 1 ½ hours



**A three-lesson series
to teach individuals
how to plan quick and
healthy meals, shop to
save time and money,
and prepare healthy
meals in less time.**

**University of Idaho
Extension**

Many of our clients get the question, What are we having for dinner? every day of the week. They feel as though they are spending too much money for food and too much time shopping, and they question whether the meals they are serving are nutritious.

University of Idaho extension educators developed Meal Time in Less Time, a class in three lessons, precisely for those clients.

Participants learn how to plan quick and healthy meals to save time and money, and prepare healthy meals in less time, leaving more time for other fun things they want to do.



Target Audience

Adults and youth who are responsible for meal planning, shopping, and meal preparation in their households.

Sample Activities

- What's for Dinner? game
- Starting a Family Menu
- What is the Best Price for Peaches?
- Where's the Fiber?
- Which Food Has the Most Salt?
- Healthy Substitutions
- Lasagna Recipe Makeover

Curriculum Contents

You'll receive a CD containing

- PowerPoint slide show for each lesson
- Complete script for each lesson
- Lecture notes
- Participant handouts to photocopy
- Activities to engage your participants
- Evaluation tools
- Advertising materials



Meal Time in Less Time Order Form

To order, complete and return this form by mail.

Shipping Address:

Name _____

Organization _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Quantity	Price Each	Total
	\$30.00	

Please include a check payable to University of Idaho Bursar.

Send order to

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