

**Meal Time in Less Time**  
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**Why?**

- Lack of time
- Lack of planning



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**Meal Time in Less Time Curriculum**

- 3 Lessons
- 1 to 1½ hours
- For adults and older youth



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### Lesson 1 – Meal Planning in Less Time

- Benefits of meal planning
- How to make meal plans and menus
- How to make meal plans healthy



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### Lesson 2 – Shopping Essentials

- Tips to save time and money
- Food safety
- Nutrition Facts Label
- Adding whole grains, fruits, vegetables, and dairy products to meals



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### Lesson 3 – Healthy Meals in Less Time

- Using time saving strategies for meals
- Making meals healthier



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## Curriculum CD

- PowerPoint slideshows
- Complete script
- Participant handouts and activities
- Evaluation tools
- Advertising materials




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## Program Evaluation

- Post/pre survey with one month follow-up
- Participants indicated attitudes, beliefs, and behaviors using a 5-point Likert scale
- Each point was assigned a number (1 = strongly disagree to 5 = strongly agree)
- t-test was used to compare the responses

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Attitudes and Beliefs	Pre	Follow-Up	p value
I know the advantages of meal planning	3.23	4.68	0.000
I think it is important to plan meals	3.63	4.70	0.000
I understand what to consider when planning meals	2.77	4.54	0.000
I understand the benefits of using thrifty shopping tips	3.33	4.60	0.000
I understand the importance of handling food safely	3.55	4.73	0.000
I think it is important to evaluate the nutrition content of foods	3.43	4.53	0.000
I understand how to read a nutrition facts label	3.31	4.57	0.000
I understand time saving strategies for preparing meals	2.62	4.38	0.000
I understand how to make healthier recipes	2.79	4.42	0.000

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	<b>Behaviors</b>	<b>Pre</b>	<b>Follow-Up</b>	<b>p value</b>
	I plan ahead for meals	2.65	4.06	0.000
	I have easily accessible resources for menu planning	3.06	4.29	0.000
	I evaluate my menus for nutrition	2.81	4.13	0.000
	I evaluate my menus for ease of preparation	2.81	4.36	0.000
	I practice thrifty shopping strategies to save time and money	3.24	4.53	0.000
	When I arrive home after shopping, I immediately put away food items that need to be refrigerated or frozen	3.75	4.78	0.000
	I use the nutrition facts label to evaluate the nutrition content of foods	3.00	4.19	0.000
	I add whole grains, fruits, vegetables, and dairy products to my meals	3.23	4.44	0.000
	I practice time-saving strategies for preparing meals	2.49	4.27	0.000
	I use healthy food preparation methods	2.95	4.49	0.000

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