

Nutrition Times



Surviving Supper

The daily dreaded question – “what are we having for supper?” While we can’t avoid supper altogether, we can make it easier. Meal planning, meal prepping and stocking your pantry strategically can make supper less stressful while still providing healthy options.

Step 1: Meal Planning

Plan meals that work around your life. If you know you will be busy or tired on a certain day, plan for leftovers or plan a simple meal. Meals don’t have to be complicated to be easy and delicious. Some ideas are eggs, toast and fruit, or grilled cheese and salad, or hummus, veggies sticks and pita triangles. Get started with the [AHS weekly meal planner](#).

Step 2: Shop Smart

Add value-added items to your shopping list. Value-added items are products that save you time. These products typically cost more money, but if buying these foods makes it easier for you to make healthy choices, it may be worth it for you.

Step 3: Meal Prepping

Meal prepping looks different for everyone – it isn’t always the individually portioned meals in matching containers that you see on Instagram. Many people find meal prepping helpful because they can prepare meals when they have time and energy (vs. after a long day of work). Here are some ideas for meal prepping in advance.

- Cook a double batch of your favourite meal and freeze half for another day.
- Pre-cut fresh fruits and vegetables to store in the fridge for snacks and meals.
- Prep a large salad with your favourite toppings to pair with different meals throughout the week.
- Pre-cook meat, and portion into containers or bags. Pre-cooked meat that has been cut up is quick to defrost in the microwave or on the stove.

May 2021 Nutrition Services

Examples of Healthy Value-Added Foods:

Protein Foods:

- Rotisserie chicken
- Individually packaged hummus
- Individual yogurt cups
- Shredded cheese
- Boiled eggs

Whole grains:

- Individually packaged whole wheat crackers

Vegetables & Fruits:

- Pre-cut fresh fruits & vegetables
- Bagged salad
- Mini potatoes
- Baby carrots/cucumbers

How Much Does it Really Cost?

While value-added items from the grocery store are more expensive than cooking from scratch, it is much more affordable than eating out. See below for a family of four.

Pantry Staple Meal (~\$12)

- Whole wheat spaghetti (\$1.50)
- Lean ground beef (\$8.00)
- Jar of pasta sauce (\$2.30)

Grocery Store Meal (~\$17)

- Rotisserie chicken (\$12)
- Bagged salad (\$4.00)
- Whole wheat buns (\$3.00)

Take Out Meal (~\$32)

- 2 foot-long subs (~\$10.00 each)
- 2 6-inch subs (~\$6.00 each)

Simple Meal Ideas Using Value-Added Foods or Leftovers



Rotisserie or Leftover Chicken



Chicken Stirfry

- Chicken
- Fresh or frozen veggies
- Brown rice



Chicken Pita

- Chicken
- Bagged salad
- Whole wheat pita
- Shredded cheese



Chicken Soup

- Chicken
- Frozen veggies (carrot, onion, celery)
- Whole wheat pasta
- Broth



Burrito/Taco

- Chicken
- Rice
- Shredded cheese
- Veggies
- Whole wheat tortilla



Chicken Salad

- Chicken
- Bagged salad
- Shredded cheese
- Nuts

Upcoming Nutrition Classes

Prenatal, Infant and Toddler Nutrition Classes:

To look for upcoming classes, and to register, please visit szonenutrition.eventbrite.com/

Alberta Healthy Living Program: Classes are available to help manage chronic conditions. Topics include Diabetes, Weight Management, Stress Management, Healthy Eating to Reduce your Risk, Emotional Eating and more.

To register call: **Lethbridge 1-866-505-6654 or Medicine Hat/Brooks 1-866-795-9709.**

Please Note: Due to COVID-19, all nutrition classes are now being offered online via Zoom.

Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

Medicine Hat 403-502-8200

Brooks 403-501-3300

Lethbridge 403-388-6666

For more information on this or other nutrition topics, go to www.healthyeatingstartshere.ca

