Write Your Family Dinner Menu

Low Fat Cheese

Instructions: Prepare a shopping list and your family dinner menu by following the steps below.

Step 1: Review the foods you have at home

Step 2: Create a shopping

Step 3: Now write your dinner menu

Step 4: Compare the foods in your menu to the MyPlate food groups.

Are all food groups included? Are fruits and vegetables included in the meal?

This material was produced by the University of California UC CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.