

FOR IMMEDIATE RELEASE

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## What's on your Menu?

Do you find yourself scrambling to come up with what your next meal is going to be? Have you ever looked down at the clock and realized it's lunch and you head to your favorite fast-food stop? Planning your weekly meals is not only good for your health, but it's also good for your wallet! The following tips are some simple suggestions provided by the USDA that will make weekly meal planning a breeze for you!

**See what you already have on hand.** Look in your freezer, cabinets, and refrigerator. You can save money by using these items in the upcoming week's meals.

**Write down your meals.** It's helpful to write out your meals for the week including breakfast, lunch, dinner and snacks. We want to aim to have each meal be balance and resemble the MyPlate standards.

**Think about your schedule.** Choose meals you can easily prepare when you're short on time. Save ones that take longer for days off or when family members are free to help.

**Plan to use leftovers.** Think about making larger recipes with enough servings for another meal, just heat and serve.

**Make a grocery list.** Organize your grocery list by store section or food groups to make shipping quick and easy. Pro Tip- Keep a running list throughout the week of items that you are getting low on!

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