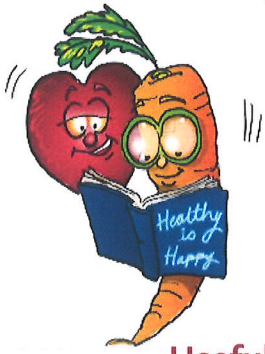


Continuing Healthy Nutrition with Your Children at Home



Food Planning During the Coronavirus Pandemic

Useful Tips to Fill Your Cart with Budget-Friendly and Healthy Options from each Food Group

Tips for Every Aisle:

1. Fruits and Vegetables
2. Grains
3. Protein Foods
4. Dairy Foods
5. Beverage Options

Healthy Eating on a Budget:

- Plan Your Weekly Meals
- Make a Grocery List
- Save More at the Store
- Sample Two Week Menus
- Sample Menus-Week 1 Grocery List
 - Sample Menus-Week 2 Grocery List

Two Week Budget Friendly Plan for the Family

- Two Week Budget Friendly Menu Cookbook
- Two Week Menus and Food Group Content
- Two Week Menus Grocery List
- Two Week Menus Pantry and Stables List

Food Tips Link:

<https://www.choosemyplate.gov/eathealthy/budget/budget-weekly-meals>

<https://www.choosemyplate.gov/eathealthy/budget/budget-grocery-list>

<https://www.choosemyplate.gov/eathealthy/budget/budget-save-more>

<https://www.choosemyplate.gov/eathealthy/budget/budget-sample-two-week-menus>

