



## Meal Planning

Have fun with meal planning. Have breakfast for dinner! Try serving pancakes, French toast, waffles or an egg casserole and let kids help. On the flip side, why not serve leftover pizza for breakfast?

Plan for variety in your meals with color, texture and temperature. The more color on your plate, the better balanced your meal, with lots of fruits and vegetables. Have crunchy and soft food at each meal as well as some foods hot, cold and at room temperature.

Plan your meals around what foods are in season. Not only are seasonal fresh fruits and vegetables a better buy, they also taste better.

Take a few minutes to organize your recipes or try some new ones from Kids a Cookin'. Use the Food Guide Pyramid to plan menus, and remember that meeting your family's nutrition needs is the number one concern when planning meals!

For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)

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