

# Success Tips of Family Meal Makers

Here are the tips from busy parents about how they are successful with preparing and serving family meals most nights of the week.

## Shop together

Some parents have great success when the family grocery shops together every week. Everyone gets a task like go find the ripest avocados, pick out the best fruit for the week, go and find the protein items on the list, push the cart.

Food acquisition and preparation become the family entertainment every week.

Kids that are old enough get to prepare meals or help with them if they are interested.



## Have emergency meal ingredients ready

By having enough emergency meal ingredients on hand many parents are able to overcome upsets to the regular schedule. They are also able to make meals between shopping trips. Ideas for emergency meals include tacos, ravioli, soups, healthy frozen meals, stir fry, and soups.

One mom keeps chicken and noodles on hand so she can make a fast soup using the vegetables she has on hand to use up.

Many moms like to make a "make your own buffet" using veggie burgers, tacos, salads, and chili. Breakfast items and eggs are also popular.



## Keep trying new recipes

Almost all parents who are successful with family meals are doing things to keep themselves motivated and interested in food. This includes following your favorite foodie on instagram, looking for meal ideas on pinterest, or subscribing to magazines and more instagram feeds to get recipe and meal ideas. Most say they try at least one recipe a week.

Parents who are successful at making family meals on a regular basis view cooking as a positive benefit that saves time and money from eating out. They also view family meal time as sacred family time.

