Healthy bits & bites

Sobeys
Pharmacy • Dietitians

The Power of Planning

Are you stuck in a food rut or are mealtimes feeling too rushed? Use a meal plan to add variety and get meals on the table quickly.

A plan will help you make a grocery list so you will have healthy choices on hand. You will be less likely to make poor food choices or resort to take-out or restaurant meals.

Build Your Plan

- Make a list of meals that your family likes.
- Use a calendar or a blank sheet of paper.
- Check the fridge or freezer for foods you can use in your meal plan.
- Check the Sobeys flyer for sales and meal ideas.
- Write down your meal plan for the week or even a few days.
- Make sure each meal fits your family's schedule.
- Get ideas for new foods or recipes you would be willing to try.

Ask for Help

Post the meal plan where your family can see it. Ask them to help in some way. Meals will be ready quickly if everyone pitches in.

Time Saving Tips

- Save cooking and clean-up time by making one dish meals such as chili, casseroles or soup.
- Cook once, eat twice. Pick a day of the week where you can do some cooking. Double your recipes and freeze for another meal.
- Use your slow cooker. Have one pot meals ready when you get home.

Food of the Month

Sandwich Grains

Bread is a lunchbox staple. It is the backbone of any sandwich. Check the Nutrition Facts table and choose bread that has

- 4 grams of fibre or more per 2 slices
- a lower % Daily Value for sodium

Avoid boredom by trying different types of bread for sandwiches. Choose whole grain more often.

- English muffin with egg, avocado and tomato
- Pita bread with chicken salad, apples and grapes
- Roll with salmon and red pepper slices
- Wrap with ham, pineapple, cheese and pizza sauce
- Bagel with hummus and veggies

In Your Sobeys Store

Are you back into your fall routine and too busy to cook?

Use ready-to-go foods like pre-made salad, pre-cut vegetables, rotisserie chicken or pizza from the deli. These are great time savers when you are in a rush.

Marinated Chicken in Minutes

Serves 4
Ingredients:

¼ cup	60 ml	Dijon mustard
2 tbsp	30 ml	Lemon juice
1½ tsp	7 ml	Worcestershire sauce
1 tsp	5 ml	Tarragon, fresh
¼ tsp	1 ml	Pepper
0.8 lb	400 g	Chicken breasts, boneless, skinless

Directions:

1. Combine all ingredients (except chicken) in a resealable plastic bag and mix well. Add chicken and shake bag to coat with marinade. Let sit for 15 minutes.

2. Grill uncovered on high, turning once, for 10 to 15 minutes or until juices run clear. (If using the oven, bake at 375° for about 15 minutes until done).

Nutrition Information per Serving:

Calories	124
Fat	2 grams
Carbohydrate	2 grams
Fibre	1 gram
Protein	23 grams
Sodium	251 milligrams

Did you know?

Children eat almost 200 lunches at school every year. A healthy lunch helps children learn and grow.

Packing school lunches can be as easy as 1, 2, 3. Include 1 serving of Meat and Alternatives, 2 servings of Grain Products and 3 servings of Vegetables and Fruit.

Chef's Corner

Get Ready Ahead of Time

- Grate cheese and store in the fridge for sandwiches or salads. You could also freeze for pizzas and sauces.

- Chop vegetables like carrots, celery or peppers. Use in salads or stir fries or serve in lunches with dip.

- Freeze meat in a marinade so it is ready to cook when you thaw it.

- Cook extra grains like rice or quinoa and freeze into meal sized servings.

- Take foods out of the freezer the night before to thaw in the fridge. Thawed items cook faster than frozen.

Pharmacy Corner

It's a good idea to clean out your medicine cabinet once a year. Get rid of prescription medicines you no longer take and expired over-the-counter products.

How can you safely dispose of leftover medicine? Flushing it is bad for the environment, and putting it in the garbage can is a safety concern for children and animals. Bring the medicine back to your Sobeys pharmacy and our staff would be happy to dispose of it for you.