



# Time-Saving Calendar



	Tips	Recipe Ideas	Snack Ideas
<b>Week 1:</b> Plan Ahead	Make a list of your family’s favorite meals and create 4 weeks of menus, even if they are the same 7 meals in a different order. <b>Each week, let one of your children help you make a menu.</b> Post this on the fridge and your own personal planner too so everyone knows what’s for dinner. Reward your children by making one night a Kids in the Kitchen tradition.	<b>Build in easy nights using Sam’s Club Home Meal Solution, with main dish items</b> like rotisserie chicken and ready to bake lasagna, giving you that homemade taste without prep time.	Bring on the dip with organic baby carrots, organic apples, hummus, peanut butter and cheese wedges too. <b>Offering for both the base and the dip insures everyone will find a new favorite.</b>
<b>Week 2:</b> Shop Smart	Cut back on trips to the grocery store by separating your list of staple items into perishable and non-perishable. <b>Plan to shop twice a month for perishable and once a month for non-perishable.</b> Take it one step further and use <a href="#">Sam’s Club Click n’ Pull</a> for any non-perishable items you don’t need to inspect. Simply order online 24 hours or more in advance, stop in at the approved time, complete your transaction, and your list goes on autopilot while your shopping time is dramatically reduced.	Each week include frozen main dish solutions like salmon or ahi tuna to extend your time from purchase to plate. <b>You’ll save money buying quality frozen varieties that are effortlessly paired with fresh seasonal vegetables.</b>	<b>Include Home Meal Solutions for snacks as well.</b> Older kids will love turkey pinwheels or a side of Caesar salad to mix things up while still delivering a healthy snack you can both agree on.
<b>Week 3:</b> Cook to Freeze	<b>Cook one extra meal every week that you can easily freeze to use another time.</b> You’ll always have something on hand to help out a neighbor in need and it makes it almost effortless to say yes when you get a call or email asking if you can help care for a friend. Add a salad and dessert and you are on your way.	Experiment w/ salad greens to find one your entire family will enjoy. Consider salad recipes that include fruit, such as a strawberry spinach salad w/ raspberry vinaigrette dressing that will sweeten the taste for the skeptics in the bunch. <b>Then use it as a bed to serve freshly seasoned meats right off grill.</b> Identify seasoning options that can work in more than one recipe, such as beef roast that can double as French dip or kabobs. Buy and cook meats in bulk so you can separate and store for a different meal later in the week.	For busy days full of afternoon carpool, <b>mix pre-packaged snacks like granola bars with yogurt cups, offering a crunchy and cool treat</b> that is as mobile as your kids are.
<b>Week 4:</b> Get the Plan	Already out of ideas or bored with your menus? There are tons of great websites that not only allow you to maintain a recipe box of favorites, but print your grocery list as well. <b>Look for 7-Day meal planners and even if you don’t think you’ll use them all, take what you know will work and introduce one new recipe a week.</b> You never know...you kids might just surprise you!	Look for restaurant branded products that can give you that dinner out feeling without the cost. <b>Pick up family favorites like PF Chang’s entrees and Cheesecake Factory branded desserts that will be sure to delight and Friday nights at home will take on an entirely new meaning.</b>	Keep a list handy of the top 10 brain foods and teach your children the value in finding room for them in every meal of the day. <b>A simple handful of almonds or cup full of blueberries sprinkled onto a bowl whole grain cereal</b> with organic milk can power them through any time of day with healthy fuel to continue their task.

