

PLANNING A HEALTHY MEAL FOR DROP-INS

HOW TO USE:

Use this guide to plan one main meal per day

1. Choose 1 serving of Vegetable/Fruit A
2. Choose 1 serving of Vegetable/Fruit B
3. Choose 2 servings of Vegetable/Fruit C
4. Choose 2 Other Vegetable/Fruit servings
5. Choose 2 Milk and Alternative servings
6. Choose 2 Meat and Alternative servings
7. Choose 2 Grain Product servings

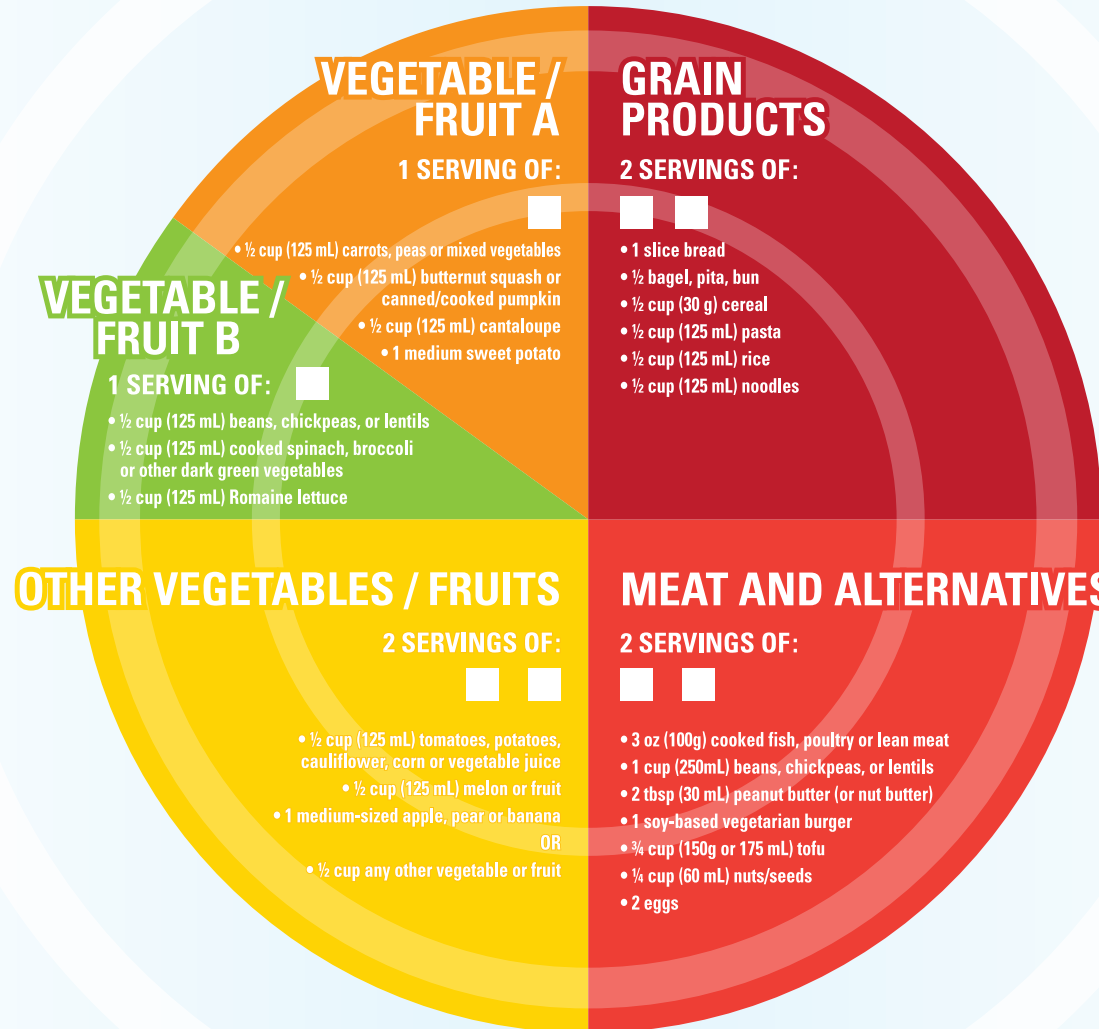
Well done! Your participants will now meet all their nutrient needs with this great meal that you've planned!

VEGETABLES / FRUIT C

2 SERVINGS OF:

- ½ cup (125 mL) 100% orange juice or apple juice*
- ½ cup (125 mL) green or red peppers
- ½ cup (125 mL) broccoli
- 1 medium-sized orange/citrus fruit

* Vitamin C enriched



MILK AND ALTERNATIVES

1 SERVING OF:

- 1 cup (250 mL) milk
- ½ cup (50g) milk powder
- 1 cup (250 mL) fortified soy beverage

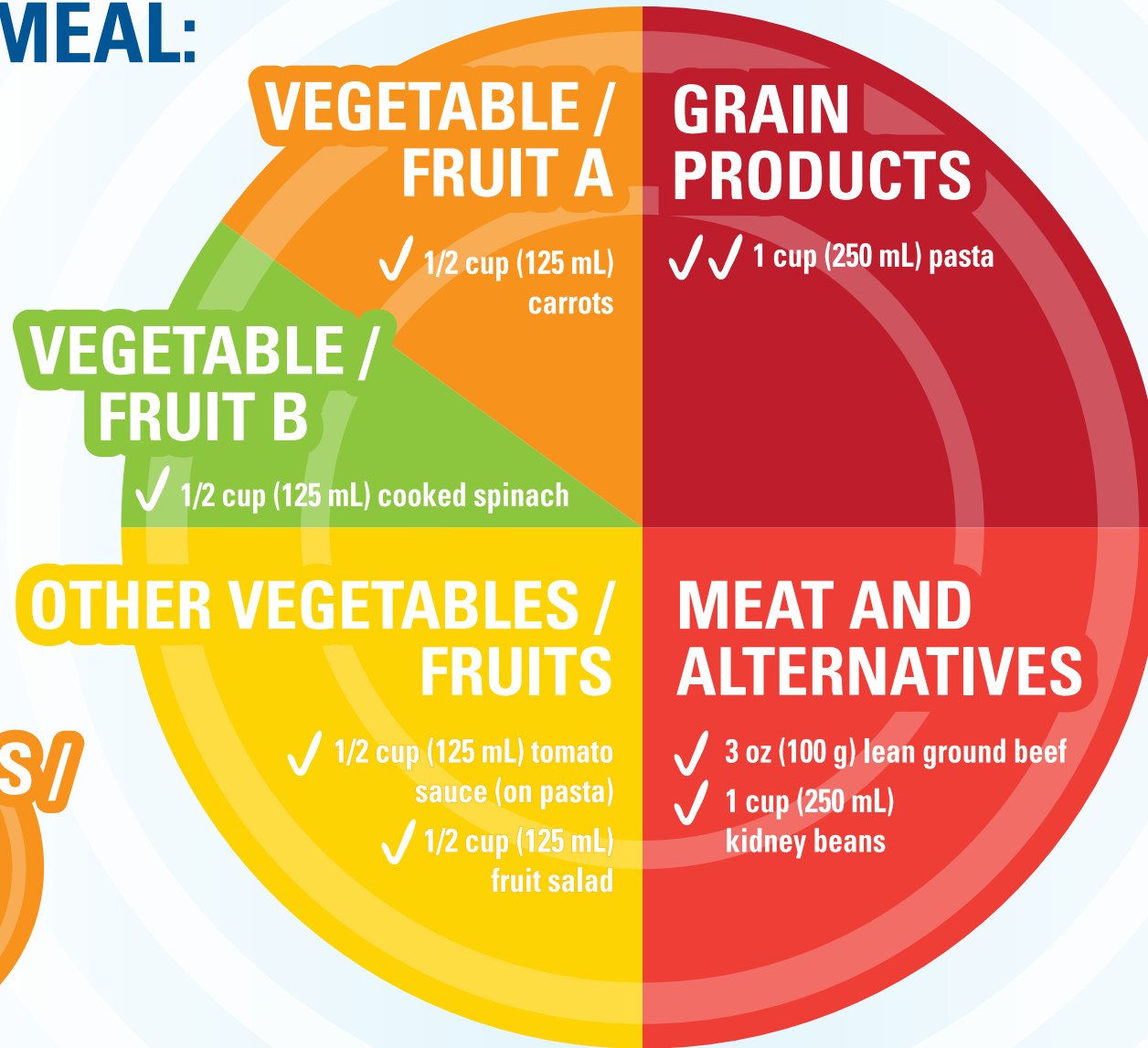
MILK AND ALTERNATIVES

1 SERVING OF:

- ¾ cup (175g) yogurt
- 1 ½ oz (50 g) hard cheese
- 2 slices processed cheese
- 1 cup (250 mL) milk-based soup or milk-based pudding
- 1 cup (250 mL) milk or fortified soy beverage

Adapted from: Tse C., & Tarasuk V. (2008). Nutritional assessment of charitable meal programmes serving homeless people in Toronto. Public Health Nutrition, 11 (12), 1296-1305.

SAMPLE MEAL:



MILK AND ALTERNATIVES
✓ 1 cup (250 mL) milk

VEGETABLES / FRUITS C
✓✓ 1 cup (250 mL) 100% orange juice

MILK AND ALTERNATIVES
✓ 1 cup (250 mL) cream of mushroom soup made with milk

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