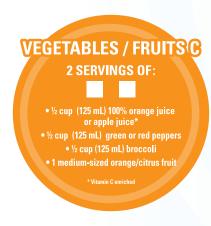
PLANNING A HEALTHY MEAL FOR DROP-INS

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!



VEGETABLE / FRUIT A

1 SERVING OF:

• ½ cup (125 mL) carrots, peas or mixed vegetables
• ½ cup (125 mL) butternut squash or canned/cooked pumpkin

- ½ cup (125 mL) cantaloupe
- 1 medium sweet potato
- 1 mealum sv
- ½ cup (125 mL) beans, chickpeas, or lentils
- ½ cup (125 mL) cooked spinach, broccoli or other dark green vegetables
- ½ cup (125 mL) Romaine lettuce

SERVING OF:

GRAIN PRODUCTS

2 SERVINGS OF:



- 1 slice bread
- ½ bagel, pita, bun
- ½ cup (30 g) cereal
- ½ cup (125 mL) pasta
- 1/2 cup (125 mL) rice
- ½ cup (125 mL) noodles

MILK AND ALTERNATIVES 1 SERVING OF:

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

OTHER VEGETABLES / FRUITS

2 SERVINGS OF:



- ½ cup (125 mL) tomatoes, potatoes, cauliflower, corn or vegetable juice
 ½ cup (125 mL) molen or fusite
- 1 medium-sized apple, pear or banana
 - ½ cup any other vegetable or fruit

MEAT AND ALTERNATIVES

2 SERVINGS OF:



- 3 oz (100g) cooked fish, poultry or lean meat
- 1 cup (250mL) beans, chickpeas, or lentils
- 2 tbsp (30 mL) peanut butter (or nut butter)
- 1 soy-based vegetarian burger
- 3/4 cup (150g or 175 mL) tofu
- 1/4 cup (60 mL) nuts/seeds
- 2 eggs

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:

VEGETABLE / **FRUIT A**

GRAIN PRODUCTS

1 cup (250 mL) **1** cup (250 mL) pasta

1/2 cup (125 mL) carrots

VEGETABLE / **FRUIT B**

√ 1/2 cup (125 mL) cooked spinach

MEAT AND ALTERNATIVES

- 3 oz (100 g) lean ground beef
- 1 cup (250 mL) kidney beans

OTHER VEGETABLES / **FRUITS**

1/2 cup (125 mL) tomato VEGETABLES FRUITS C **1/2 cup (125 mL)** fruit salad **1** cup (250 mL)



MILK AND ALTERNATIVES

milk



100% orange juice

