

Mobile Meal Planner

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“They all sat on the warm sand near the wagon and ate bread and butter and cheese, hard-boiled eggs, and cookies.”

Laura Ingalls Wilder, *Little House in the Big Woods*

“Bread”

(A GRAIN)

“Butter and Cheese”

(A DAIRY)

“Eggs”

(A MEAT/PROTEIN)

“Cookies”

(A HOME-PREPARED TREAT)

Fresh Food

(FRUITS/VEGGIES)

Three Elements of a Nurturing Mobile Meal

- 1) The meal nourishes (provides essential vitamins/nutrients).
- 2) The food satiates (makes your family feel full).
- 3) The meal is delicious (your family is thrilled to eat it).