

## **Feeding the 5000...or just your family!**

Your weekly meals are probably a little bit different at the moment. You won't be rushing breakfast so you can run for the school bus, won't be queuing up in the canteen and eating lunch with your friends, and won't all be grabbing dinner at different times as people rush out to different evening clubs and activities. There'll be no weekend trips to McDonald's, packed lunches or birthday meals out...

We are currently spending all of our meal times with our families – and trust us when we say that your parents are probably going crazy about the amount they are spending on food each week to keep you all fed and happy!

What we therefore would like you to do today is help them out, and plan out a whole week of meals for your family!

You need to think about:

- All three meals: breakfast, lunch and dinner
- Dietary requirements (does anyone have any allergies/ vegetarian/ diabetic?)
- What people like/ don't like
- Try and have a variety of meals
- Think about nutrition and healthy eating/ 5 a day
- Treat meals at the weekend?

You could even have a think about what the budget of your meals would be (use a supermarket website to try and price it up). Use a baseline budget of £2 per person for dinner, and £1 per person for breakfast and lunch. Don't forget to check out the cupboards to see what you already have so you can stick to budget!

Use the planning grid on the next page to help you plan out your meals.

Tag us in your completed Memes on Facebook, Twitter or Instagram @pieuksocial or email them to [beth@pieuk.org](mailto:beth@pieuk.org). As always, we will be giving out prizes for the most creative examples. 😊



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Shopping List							