

family meals

START IN THE FROZEN & REFRIGERATED FOOD AISLES

Eating family meals together regularly is associated with positive social, emotional, financial, and health benefits. Juggling jobs, kids and the demands of busy lives can sometimes get in the way of family mealtime.

DID YOU KNOW?

63% of Americans decide what to eat less than one hour before eating.

Meal Planning is a key strategy to improve the nutrition quality and frequency of family meals.

meal starter IDEAS

Eating Smart Starts in Your Cart.
Keep healthful frozen and refrigerated foods on hand to make it easier to get better-for-you meals on the table.

Search for recipe ideas by meal type, key ingredients, cook times, meal occasions and more at EasyHomeMeals.com.

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FROZEN FOODS

(CHICKEN TENDERS)	Chicken Parmesan, Buffalo Chicken
DOUGH	Phyllo Dough Tacos, Smoked Salmon Bites, Muffin Pan Chicken Pot Pies, Churro Rolls
FISH/SEAFOOD	Baha Fish Tacos, Coconut Shrimp Skewers, Polynesian Popcorn Shrimp Pizza
FRUIT	Barbeque Chicken Tart, Blueberry Chia Fluffing Parfaits
MEATBALLS	Skewer Meatballs, Meatball Slider Pasta & Meatballs
POTATOES	Cheddar Potato Crusted Beefy Casserole, Crock Pot Potato Soup
RAVIOLI	Layered Ravioli Bake, Ravioli with Spinach & Pecorino
TORTELLINI	Tortellini Salad, Mediterranean Tortellini Soup, Tortellini Skillet Meal
VEGETABLES	Sheet Pan Veggie Roast, Cauliflower Au Gratin, Broccoli Cheddar Soup
WAFFLES	Very Berry Waffles, Chicken and Waffles Casserole, Rise & Shine Waffles

DAIRY/REFRIGERATED FOODS

BUTTERMILK	Buttermilk Pancakes, Buttermilk Herb Fried Chicken
(CHEESE SHREDS)	Pumpkin Soup with Parmesan Twills, Chorizo Potato Bites with Salsa Verde
(COTTAGE CHEESE)	Strawberry, Spinach and Cottage Cheese Salad, Grilled Peaches & Cottage Cheese
(CREAM CHEESE)	Greek-style Potato Spinach Casserole, Spinach Artichoke Dip Chicken Tortilla Wraps
EGGS	Eggs Benedict, Kale Pesto Deviled Eggs, Asparagus & Parm Egg Bites, Mini Potato Quiches
ENGLISH MUFFINS	Broiled Egg Salad and Tomato Muffins, English Muffin French Toast, Mini Gyros
ORANGE JUICE	Mashed Sweet Potatoes with Orange Juice and Cranberries, Orange Juice Cake
RICOTTA (CHEESE)	Lasagna, Stuffed Shells, Orange Ricotta Pancakes
SOUR CREAM	Asian Crab Cakes with Sesame Sour Cream, Breakfast Quesadillas with Cilantro Sour Cream
YOGURT	Lemon Yogurt Chicken, Creamy Spiced Hummus, Chicken Shawarma Pita, Chicken Tostadas

JUST ONE MORE!

SET A GOAL TO EAT AT LEAST ONE MORE HOME MEAL EACH WEEK TOGETHER AS A FAMILY!