

eptember is National Family Meals Month, when families are encouraged to share more meals together at home each week. Studies show that sit-down meals positively influence health and nutrition. Family meals also shape the mental well-being of children: Kids do better in school, gain healthy self-esteem, and are less likely to engage in substance abuse or risky behaviors. They also develop better eating habits and maintain healthy weight.

Fresh Thyme Farmers Market is here to help you make family meals happen, with wholesome ingredients when you have time to cook and freshly prepared foods when you don't. Plan your week to determine meals for any given night. We have tips and strategies on shopping for and prepping your groceries. It's easy to answer the question "What's for supper?" with Fresh Thyme!



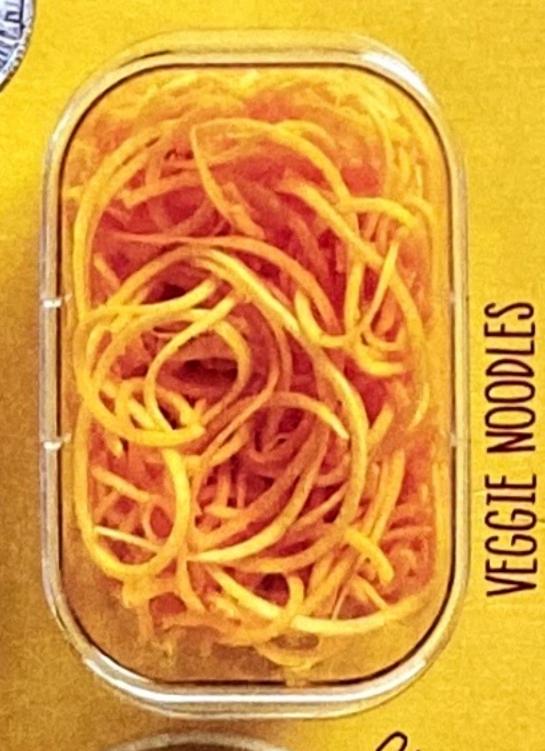
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	AL PL THURSDAY	FRIDAY	SATURDAY
	SLOW COOKER MEAL	FREEZER MEAL	LEFTOVERS	DIY NIGHT	DINNER OUT	SIT-DOWN DINNER
MEAL PLANNING AND PREP DAYI TIPS, P. 28  Shop for groceries  HAVE FRESH THYME DELIVER YOUR GROCERIESI Go to shop. freshthyme. com/to set up delivery.	Prep the night before and set to cook in the morning.  RECIPES TO TRY  Moroccan Stew, p. 34  Pumpkin Poblano Chili freshthyme. com/recipes	Pull from freezer and thaw in fridge the day before.  RECIPES TO TRY  Seafood Enchiladas, p. 29  Middle Eastern Fritatta, p. 32  Sheet Pan Chicken Fajitas	Thrifty, reduces waste, and keeps fridge cleaned out.  WEDNESDAYS ARE DOUBLE- COUPON DAYS AT FRESH THYME. PICK UP EXTRA VEGGIES ON YOUR QUICK SHOPS.	Feed Yourself Night with staples from the kitchen pantry or freezer.  ONCE A MONTH, REPLENISH PANTRY STAPLES FROM FRESH THYME. (Flatbreads & pizza sauces are good choices, as are pastas	Enjoy someone else's cooking— without the cleanup!  BE FRUGAL: TAKE HOME LEFTOVERS TO EAT FOR LUNCH THE NEXT DAY.	Share in cooking and eat with family; make extras for leftovers.  RECIPES TO TRY  Chicken & Veggie Curry, p. 30  Orange-Glazed Salmon with Broccoli Rice freshthyme. com/recipes

WITH A LITTLE FORETHOUGHT,
YOU CAN PLAN A MEAL FOR EVEN THE
BUSIEST NIGHT OF THE WEEK. IT'S FAMILY TIME!



## BAKING TRAYS

Use aluminum baking trays on the days you make double batches of family meals. Keep one batch out to cook that day or the next; freeze the other, dating and labeling the package. If you have extra freezer space, package small portions for lunches.



TIPS FOR SHOPPING

Shopping for groceries can be a challenge when schedules are tight. Conquer the task by keeping a running tab of grocery items needed:

- Have family add to the list, particularly if someone uses up pantry supplies.
- Once you've planned a week's worth of meals, add the grocery items needed for those meals.
- Q Log in to Fresh Thyme Farmers Market to shop for groceries in your spare time, save the order until you're ready to place it, then have groceries delivered when you want them-without having spent valuable time in the store.

## PREP YOUR FOODS

After a major grocery trip, spend time prepping foods. You'll reduce the risk of food going bad before you use it. (See tips, left.) Stock some in the refrigerator for immediate use and freeze the rest.

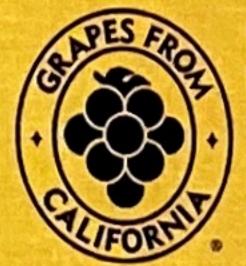
More time up front is time in the bank on busy weeknightsit's so fast to toss together a stir-fry or other meal when ingredients are prepped ahead.

Prepping food is also a learning experience to teach kids basic kitchen skills. They will be more excited about the week's meals—another good way to get them to the family dinner table!

## TIPS FOR PLANNING MEALS

- Organize fridge, freezer, and pantry; toss expired foods. Know what you have to avoid doubling up when you shop.
- Make a master file of L family favorite recipes and plan 4 to 5 dinners a week. Rotate your list of family favorites with new recipes to try. Add familyapproved recipes to your master recipe file.
- Make double batches of meals—one to eat now, another to freeze, shaving minutes from mealtime

- another day. Seafood Enchiladas, opposite, is a good example.
- If you have a family of four, occasionally cook for six. Large meals mean you have extra food for unexpected guests as well as leftovers for lunches and DIY night.
- Pick up perishable items to add to the night's meal. (Shop Wednesdays and stock up on extra veggies!) Pull out and defrost freezer items the day before as necessary.



California produces 99 percent of America's table grapes! Fresh Thyme Farmers Market carries your favorite green, red, and black varieties.