

# Home FOR Dinner

FRESH THYME FARMERS  
MARKET HAS TIPS TO GET  
EVERYONE TO THE TABLE!






September 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!



## WEEKLY MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MEAL PLANNING AND PREP DAY!</b> TIPS, P. 28    <b>HAVE FRESH THYME DELIVER YOUR GROCERIES!</b> Go to <a href="http://shop.freshthyme.com/">shop.freshthyme.com/</a> to set up delivery.	<b>SLOW COOKER MEAL</b>  Prep the night before and set to cook in the morning.  RECIPES TO TRY Moroccan Stew, p. 34 Pumpkin Poblano Chili <a href="http://freshthyme.com/recipes">freshthyme.com/recipes</a>	<b>FREEZER MEAL</b>  Pull from freezer and thaw in fridge the day before.  RECIPES TO TRY Seafood Enchiladas, p. 29 Middle Eastern Frittata, p. 32 Sheet Pan Chicken Fajitas <a href="http://freshthyme.com/recipes">freshthyme.com/recipes</a>	<b>LEFTOVERS</b>  Thrifty, reduces waste, and keeps fridge cleaned out.  WEDNESDAYS ARE DOUBLE-COUPON DAYS AT FRESH THYME. PICK UP EXTRA VEGGIES ON YOUR QUICK SHOPS.	<b>DIY NIGHT</b>  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 & chicken sausages.)	<b>DINNER OUT</b>  Enjoy someone else's cooking—without the cleanup!  BE FRUGAL: TAKE HOME LEFTOVERS TO EAT FOR LUNCH THE NEXT DAY.	<b>SIT-DOWN DINNER</b>  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 <a href="http://freshthyme.com/recipes">freshthyme.com/recipes</a>

Visit [freshthyme.com/recipes](http://freshthyme.com/recipes) for more inspirational dishes from Crave Magazine!

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





### BOIL EGGS

For instant protein pick-me-ups, boil extra eggs for lunch on the go or to dress up salads; eat within one week. Fresh Thyme has peeled hard-boiled eggs in the Dairy section.



CHOPPED VEGGIES



BACON

GROUND BEEF

### PREP AND PRE-COOK FOODS

Clean and prep veggies, then portion into bags. Cook meats ahead and portion into meal sizes. Cook starches, such as potatoes and quinoa. Toss half the food into the freezer and put the rest in the fridge. Kids can grab fresh food after school to make a quick sloppy Joe or munch on veggies.



### 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.



GRAPES



VEGGIE NOODLES



QUINOA

## 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:

- 1 Have family add to the list, particularly if someone uses up pantry supplies.
- 2 Once you've planned a week's worth of meals, add the grocery items needed for those meals.
- 3 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 weeknights—it'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

- 1 Organize fridge, freezer, and pantry; toss expired foods. Know what you have to avoid doubling up when you shop.
- 2 Make a master file of family favorite recipes and plan 4 to 5 dinners a week. Rotate your list of family favorites with new recipes to try. Add family-approved recipes to your master recipe file.
- 3 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.

- 4 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.

- 5 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.