

Build a Balanced Meal

My Food Block Goal

This week, add **ONE Food Block** to 3 meals you already eat.

One food block at a time!

1

LOOK at the meal you plan to eat.

What Food Blocks are already there?



2

PICK one Food Block.

Choose a block that could work with your meal.



3

CHOOSE one food that works for you.

Think about your household, budget and the foods that you can get.



4

ADD it to your meal.

One small addition counts!



5

CHECK a box each time you do it.

You got this!

☐

Meal 1

☐

Meal 2

☐

Meal 3



Need Food Block ideas? Turn over and scan the QR code to see foods in each Food Block.

familymealproject.com/add-one-food-block/

Need help with your goal?

Find what got in the way. Try the idea next to it.



Not enough time?

Choose something ready to eat or quick to add such as fruit, yogurt, canned beans, tuna or frozen vegetables.



Food cost too much?

Choose a lower-cost food that fits your meal, such as beans, eggs, oats, bananas or frozen vegetables.



Don't have the food you need?

Choose a different Food Block using something you have. It does not have to be the food you planned.



Different needs at home?

Keep the meal the same. Put the added food on the side, or let each person add their own.



Not sure what to add?

Look at the six Food Blocks. Choose one that is not already in your meal.



Don't have enough food?

Get Food & Local Help:
Tell your CHW or Call: 2-1-1
For your local resources



Scan the QR Code Choose what you need

1. Learn about The Family Meal Project
2. Get support for your goal
3. Explore all goals

My Family Meal Project Account

Email I used:

Forgot your password? Choose "Forgot password" on the sign-in page.

