

# What kind of Mealttime mom are you?

When it comes to planning and preparing food, Mealttime.org knows not all moms are the same. What type of mealttime mom are you? What recipes and tips best meet **your** dinnertime desires? Take this quiz and find out! Circle the letter next to the statement with which you identify most closely. If the statement has more than one letter, circle both.

## 1. Which of the following best describes how you feel about food?

1. Food is Comfort – I always eat when I am stressed or upset.	D
2. Food is Joy – I love everything about food from cooking it to eating it.	A
3. Food is Challenging – My busy schedule makes it hard for me to find time to cook.	B
4. Food is Nourishment – I always stick to healthy foods (even when I'm stressed or busy).	C

## 2. When planning a meal which of the following best describes what's most important to you?

1. Nutritious and delicious meals are worth the time and effort.	A
2. It's all about finding wholesome foods that help me manage my health and weight.	C
3. If it's not an easy family pleaser, I'm not interested.	B D

## 3. Are you more interested in learning a new recipe from a cookbook that focuses on quick and easy meals or one that focuses on healthy and nutritious meals?

1. The quicker, the better!	D
2. I love an easy meal, but that's not all I want in a new recipe.	B
3. I cook healthy, well balanced meals whenever I can find time.	A
4. Healthy Meals are always worth the work!	C

## 4. When grocery shopping, how often do you look for deals?

1. Sometimes – I'm more concerned with getting what I want.	C
2. Often – Who wouldn't keep an eye out for deals?	B D
3. Always – The store circular ... don't leave home without it!	A

## 5. How much do you enjoy food-related activities such as meal planning, grocery shopping and meal preparation?

1. I know they're necessary, but I could do without them.	B
2. I enjoy them ... sometimes.	C D
3. Love them!	A

## 6. How often to you look for new recipes?

1. I'm always keeping an eye out for something new.	A C
2. I try to change it up once in a while.	D
3. Does finding a new take-out restaurant count?	B

## 7. How well do you know your nutrition facts?

1. I'm an expert – I always take a peak at food labels.	A C
2. I'm a novice – I just know the basics.	B D

## Scoring

Count the number of letters you circled to the right of the statement.  
If the statement has more than one letter, count both of them.

### Mostly As

#### Sunny Susan: Happy, Healthy, Foodie Mom

You are a “sunny side up” mom who feels at home in the kitchen and enjoys having other family members lend a hand. You like cooking healthy meals that incorporate new and different flavors and aren’t concerned with whether they are quick to prepare. You tend to keep an eye on prices and product information labels, and often choose food with health and weight-control concerns in mind.

#### Pantry Solution:

Nutritious canned foods can take center stage in dishes with global flavors. By combining canned foods with meat, pasta, spices and herbs, you can satisfy your adventurous palate and boost the meal’s nutrition and flavor. Plus, you’ll have more time to enjoy dinner with your family!



### Mostly Bs

#### Busy Izzy: Working, Convenience-Driven Mom

As an on-the-go, working mom, you want to know how to make healthy meals fast. Convenient foods that fit into your busy lifestyle are a priority. You’re no stranger to time-saving, pre-packaged cooked, frozen, and canned foods. You want to serve healthy family meals, but may find it difficult to regularly gather around the dinner table.

**Pantry Solution:** By keeping a well-stocked pantry, you can fit in more nutritious fruits and vegetables,

even at the last minute.

Keeping canned beans, vegetables, and broth on hand lets you to quickly prepare nutritious soups, stews, and salads your whole family will love. And, you’ll feel great knowing your family is getting the nutrition they need.



### Mostly Cs

#### Stable Mable: Healthy, Unbiased Mom

You keep nutrition front and center when choosing foods. Price, taste, convenience and advertising considerations are on the back burner. You value product information and enjoy creating flavorful, distinctive dishes. Making meals quickly is not a top priority. You see the value in making nutritious dinners, but you don’t necessarily enjoy it and often get little help from your family.

**Pantry Solution:** Canned fruits and vegetables are just as nutritious as fresh and frozen<sup>1</sup> and since they require no chopping, slicing, or dicing, you can bring budding little chefs into the kitchen to help make healthy, kid-friendly dinners.



### Mostly Ds

#### Harried Harriet: Time-Conscious, Stressed Mom

When days get stressful, you turn to what’s quick and convenient. Though you’re often busy, you value family dinners. You often rely on convenience foods and would love to learn how to make dinners with quick prep and cook times.

**Pantry Solution:** The convenience and nutrition benefits of canned foods make it possible for even

the most stressed moms to prepare healthy meals. A well-stocked pantry can help you feel confident that you can easily serve up good nutrition that your family will enjoy any night of the week.



<sup>1</sup> University of California, Davis "Nutritional Comparison of Fresh, Frozen and Canned Fruits and Vegetables." University of Massachusetts, "Nutrition Study Phase I, Phase II and Phase III." University of Illinois Study "Nutrient Conservation in Canned, Frozen and Fresh Foods."