

MONDAY MEAL PLAN

CAMPBELL'S® TOMATO SOUP WITH GRILLED CHEESE SANDWICH

Prep: 5 minutes / Cook: 5 minutes / Makes: 4

- 2 cans (10 3/4 ounces **each**) Campbell's® Condensed Tomato Soup
 - 2 cans water
 - 8 teaspoons butter, softened
 - 8 slices Pepperidge Farm® Farmhouse™ Hearty White Bread
 - 8 slices Kraft Singles (American pasteurized prepared cheese product)
1. Heat the soup and water in a 1-quart saucepan over medium heat until the mixture is hot and bubbling, stirring occasionally.
 2. Spread the butter on the bread slices.
 3. Place 4 bread slices, butter-side down, into a 12-inch skillet. Top with the cheese slices and remaining bread slices, butter-side up. Cook over medium heat until the sandwiches are lightly browned on both sides and the cheese is melted.

Serving Suggestion: Serve with fresh fruit salad (strawberries, watermelon, cantaloupe and pineapple). For dessert serve store-bought mini-brownies.

Develop an Active Attitude about Exercise with your whole family.

1. **Be a positive role model.** If you're active, your kids will be active, too!
2. **Find age-appropriate activities.** These should be varied and broad in nature. Luckily, lots of games are appropriate and fun!
3. **Don't make exercise a punishment.** This will cause children to dislike activity. The goal is to encourage fitness for a lifetime.

TUESDAY MEAL PLAN

**CAMPBELL'S® SELECT HARVEST® VEGETABLE MEDLEY SOUP WITH
TURKEY & SWISS ON PEPPERIDGE FARM® FARMHOUSE™
SOFT OATMEAL SANDWICH BREAD**

- A glass of *V8 V-Fusion®* goes perfectly with this soup and sandwich combo.
- Top your soup off with a scrumptious handful of *Pepperidge Farm® Goldfish®* crackers.
- This meal makes a great brown-bag lunch, whether it's for school or work. Just put the soup in an insulated container.

Fight Fatigue in Your Family with these helpful tips.

1. **Limit caffeine.** If family members are having trouble sleeping, try sticking with caffeine-free beverages.
2. **Eat well.** Try to maximize your energy with well-balanced, nutrient-dense foods.
3. **Manage stress.** Too much anxiety can drain your energy. Simple stretches and a brisk walk can help clear your mind and relax your body.



WEDNESDAY MEAL PLAN

PIZZA PASTA PIE

Prep: 10 minutes / **Cook:** 40 minutes / **Stand:** 5 minutes / **Makes:** 4

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- 1 tablespoon vegetable oil
 - 1 large onion, chopped (about 1 cup)
 - 1 cup sliced mushrooms (about 3 ounces)
 - Vegetable cooking spray
 - 1 egg, beaten
 - 1/4 cup milk
 - 3 1/2 cups cooked tri-color **or** plain corkscrew-shaped pasta
 - 1 cup shredded part-skim mozzarella cheese (4 ounces)
 - 1 1/2 cups *Prego*® Traditional Italian sauce **or** *Prego*® Tomato, Basil & Garlic Italian sauce
1. Heat oil in 12" skillet over medium heat. Add onion and mushrooms and cook until tender and almost all liquid is evaporated. Remove from heat. Spray 12" pizza pan with cooking spray.
 2. Mix egg, milk, pasta and **1/2 cup** cheese. Spread pasta mixture in an even layer on prepared pan.
 3. Bake at 350°F for 20 minutes.
 4. Spread pasta sauce over pasta crust. Top with onion mixture. Sprinkle with remaining cheese. Bake for 20 minutes or until cheese is melted and sauce is hot. Let stand 5 minutes.

Serving Suggestion: Round out the meal with a mixed green salad with walnuts and red wine vinaigrette. For dessert, serve fresh fruit salad.

5 Fun Ways

to get the whole family moving... tonight!

1. Walk the dog together!
2. Go on a family bicycle ride.
3. Teach your child games you played as a child, such as stickball or red-light green-light.
4. Play ball or badminton in the backyard.
5. Take the whole family on a nature walk.



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THURSDAY MEAL PLAN

CAMPBELL'S® DOUBLE NOODLE SOUP WITH PEANUT BUTTER & JELLY SANDWICH

- This meal makes a great brown-bag lunch, whether it's for school or work. Just put the soup in an insulated container.
- Don't forget, the "P" in PB&J doesn't just stand for "peanut", it stands for *Pepperidge*, too. Be sure to use *Pepperidge Farm® Farmhouse™* Hearty White Sandwich Bread for a truly authentic PB&J.
- Serve with *V8 V-Fusion®* and *Pepperidge Farm® Goldfish®* crackers.

Fast Food, Smart Food

Try these helpful tips for quick, nutritious meals on the go.

1. Choose salads with low-fat salad dressings and grilled chicken sandwiches (hold the mayo or special sauce).
2. Instead of fries, try a new side. Many fast food restaurants now offer more healthful options such as fruit juices, sliced fruit and yogurt.
3. Avoid ordering items that say "biggie" and choose a plain or single burger instead.



FRIDAY MEAL PLAN

SWANSON® HEART HEALTHY CHICKEN SANDWICH

Prep: 10 minutes / Makes: 4

- 2 tablespoons nonfat plain yogurt
- 2 tablespoons light mayonnaise
- 1/3 cup chopped celery
- 2 tablespoons finely chopped onions
- 1 can (9.75 ounces) Swanson® Premium White Chunk chicken breast in water, drained
- 8 slices Pepperidge Farm® Stone Ground 100% Whole Wheat Bread
- 8 slices tomato
- 4 lettuce leaves

1. Stir the yogurt, mayonnaise, celery, onion and chicken in a medium bowl.
2. Divide the chicken mixture among **4** bread slices.
3. Top with the tomato, lettuce and remaining bread slices.

Serving Suggestion: For an easy and satisfying lunch on the go, serve with *Campbell's® Select Harvest®* Minestrone. Just put the soup in an insulated container.

Use-Your-Senses Nature Walk

Got 15 minutes? You've got plenty of time for a family activity
that refreshes body *and* mind!

1. Pick a park or street in your neighborhood.
2. Choose one of the senses and set the goal of noticing as much as you can with that one sense.
3. So, for example, if you choose sound, notice the different chirps of the various birds, notice the sound that leaves make as you step on them, etc.



SATURDAY MEAL PLAN

BEEF TACO SKILLET

Prep: 5 minutes / **Cook:** 20 minutes / **Makes:** 4

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- 1 pound ground beef
 - 1 can (10 3/4 ounces) *Campbell's*® Condensed tomato soup (Regular, *Healthy Request*® **or** 25% Less Sodium)
 - 1/2 cup salsa
 - 1/2 cup water
 - 6 flour tortillas (6-inch), cut into 1-inch pieces
 - 1/2 cup shredded Cheddar cheese
1. Cook the beef in a 10-inch skillet over medium-high heat until it's well browned, stirring often to separate meat. Pour off any fat.
 2. Stir the soup, salsa, water and tortillas in the skillet and heat to a boil.
 3. Reduce the heat to low. Cook for 5 minutes.
 4. Stir the beef mixture. Top with the cheese.
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Tasty Time Savers

Make putting together healthier meals a family affair.

1. Involve your children in packing their lunch boxes with nutritious choices like carrot sticks instead of chips or celery sticks filled with a little peanut butter instead of a candy bar.
2. Look for snack options that are baked. *Pepperidge Farm*® *Goldfish*® crackers are a delicious option that kids love.
3. If you're short on time to make dinner, go for a quick and healthful soup and sandwich combo—older kids can even prepare this themselves.



SUNDAY MEAL PLAN

CAMPBELL'S® CHICKEN NOODLE SOUP WITH BLT ON PEPPERIDGE FARM® FARMHOUSE™ SOURDOUGH BREAD

Prep: 5 minutes / Cook: 20 minutes / Makes: 4

- While great for school lunch, this is also a delicious meal to take on a weekend picnic (indoors or out!).
- Bring the soup in an insulated container. You can even add more wholesome fun by tossing in some *Pepperidge Farm® Goldfish®* crackers before serving.
- Cool off with a tasty *V8 V-Fusion®*.

Happiness Scavenger Hunt

Inside or outside, this activity is guaranteed to put a smile on anyone's face!

1. Create a list of things that make you and your child laugh, smile, or that bring a sense of pleasure (petting a puppy, swinging, etc.).
2. Devote 30 to 60 minutes to a hunt where you try to find/do several things on the list.
3. You and your child can draw happy faces next to the items on the list to show how happy you felt when doing each.

For more delicious recipes visit CampbellsKitchen.com.



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