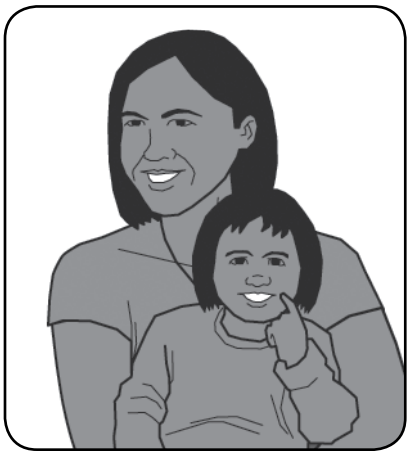
Rose's Busy Schedule



Rose has a busy life. She has three young children, and she and her husband both work Monday through Friday. Rose's husband Jose leaves for work at 5:30 a.m. and gets home at 7:30 p.m. Rose usually leaves for the office at 9 a.m. and gets home around 6 p.m. Every night, after she comes home from work, Rose gets the family's dinner ready. Rose wants the family to be heart healthy, but she never seems to have the time to cook. Often, she is running late or is too tired to cook, so she picks up pizza, Chinese food, or fried chicken on her way home.

Since his stroke, Jose wants her to make healthier, traditional Filipino dinners. Rose tries to get her husband to help her with dinner, but he is always tired. Besides, Jose does not like cooking. They also have to help the children with their homework. This leaves them little time to prepare heart healthy meals.

What can Rose do to make sure that her family eats in a heart healthy way?
Write down some ideas for Rose to try: