

MAKING MEALS & SNACKS AT HOME

9 WAYS TO SAVE TIME

Looking for ways to save time while making more meals and snacks at home?
Try one of these proven tips today!



1 Plan your meals and snacks for the week

Taking time to plan meals and snacks helps save time throughout each week. Shopping is quicker (and cheaper) because you have a plan and a list. Time spent in the kitchen each day is less because you have a plan and can get right to it.

2 Always shop with a list

When you shop with a list, you will:

- ✓ Spend less time shopping
- ✓ Buy fewer items you do not need
- ✓ Remember everything you need
- ✓ Save money
- ✓ Choose healthier foods



3 Prepare and store snacks

Prep, measure, and store snack items in single serving containers. That way they are ready to go when you are. Make sure every snack includes at least 2 food groups. Some ideas might include favorite fruits and veggies, dips, cereal mix, whole grain crackers, and cheese.



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4 Portion food out

No cooking required, simply gather, peel, chop, portion, and store. Veggies, spices, sauces, grains, and meats can all be prepared to use later in the week.

5 Batch cook

Cook a single ingredient and base several meals around it. Ingredients that are great for batch cooking include:

- ✓ Grains
- ✓ Whole chicken
- ✓ Ground meats
- ✓ Beef or pork roast
- ✓ Eggs
- ✓ Veggies
- ✓ Sauces

6 Make a double portion

Eat half the meal on the same night you make it. Reheat the meal the next night or two. Or, freeze the extra in meal-sized portions for reheating later in the month.



7 Use time saving cooking appliances

Save time with slow cookers or multicookers (Instant Pot®) - they do the cooking, so you don't have to!

Small and convenient toaster ovens can also save time and energy. They are perfect for:

- ✓ Broiling fish and meat
- ✓ Roasting veggies
- ✓ Heating up a sandwich
- ✓ Making homemade pizzas

8 Enjoy no cook ingredients

- ✓ Raw veggies and fruits
- ✓ Cheese and yogurt
- ✓ Canned beans (drained and rinsed)
- ✓ Canned tuna and salmon
- ✓ Whole grain crackers and tortilla chips



9 Make clean up easy

- ✓ Wipe up spills as they happen.
- ✓ Line baking sheets with foil. Then use it to store leftovers.
- ✓ Rinse and presoak pots, pans, and dishes as soon as they are used.
- ✓ Clean as you cook.
- ✓ Use reusable plastic dishes for easier cleanup and fewer accidents.
- ✓ Lead family clean up. Let everyone help at their ability level. Sing while working together.

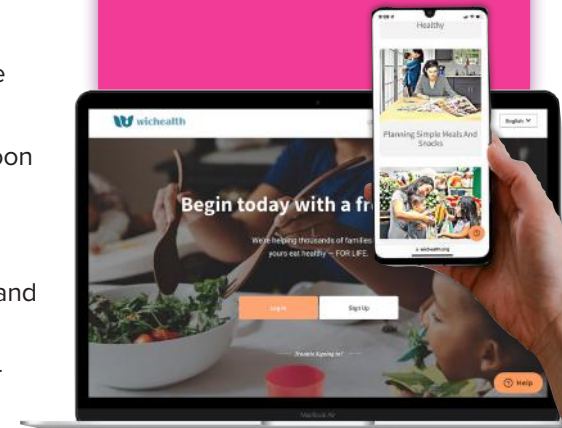


Take This Lesson to Learn:

- Quick and easy breakfast, lunch, dinner, and snack ideas!
- Tips to add fresh foods to pre-packaged foods for quick meals.
- Basic kitchen skills (with videos)!

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
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- Choose a username and password
- Select **Begin**
- Choose the category: **Planning Simple Meals and Snacks**
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