

MAINE



SNAP-Ed

Healthy Eating on a Budget

COOK

- Organize your kitchen. Keep frequently used items such as cooking oils/sprays, spatulas, cutting boards, and spices within easy reach. This will save you from having to search for them later.
- Clear the clutter. Before you start cooking, clear off your counters. This allows more room for prep space.
- Chop extra. When chopping up veggies for a meal, chop more than you need. Take the extra, place in a reusable container and freeze. Then next time you need it, you can skip a step.
- Have everything in place. Grab all ingredients needed for your meal – vegetables chopped, spices measured, and meats thawed. It will be easier to spot missing items and avoid skipping steps.
- Double your recipe. For your next casserole or stew, try doubling the recipe and freezing the extra. You'll save time and make cooking next week's dinner a snap!
- Clean as you go. Fill up the sink with soapy water and wash the dishes as you cook. It'll make clean up go much smoother!
- Save some for later. Freeze leftover soups, sauces, or gravies in small reusable containers.
- Assign kitchen duties! By giving everyone a task, you are spending more time together as a family, just in the kitchen. Small children can help get ingredients out of the pantry, wash fruits and vegetables, unwrap ingredients like fruits with peels, or tear apart foods like lettuce. Older kids can help chop, stir, or set and clear the table.



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