



Tips for Busy People

Plan Your Meals

- ♥ Plan weekly meals.

Use a Shopping List

- ♥ Save money and time by making fewer trips to the store. Make and use a shopping list.

Share Meal Preparation Tasks

- ♥ Teach your family how to shop for groceries.
- ♥ Get your family to help prepare meals and clean up.
- ♥ Clean as you cook, so you'll have less to do later.
- ♥ Share cooking duties with other family members or neighbors. For example, cook enough food to share with another family.

Cook in Advance

- ♥ Prepare some foods in advance (such as a sauce). Use these foods for quick meals. You can add chicken or turkey to the sauce and serve it over spaghetti.
- ♥ Prepare parts of a meal the night before (for example, marinate chicken in the refrigerator overnight).
- ♥ Pack your lunch the night before.
- ♥ Cut and wash vegetables, and make enough salad for two days. Don't add dressing until serving time.
- ♥ Cook and freeze two or three dishes on your day off. Use those dishes on the days you don't have time to cook.
- ♥ Do some prep the night before by cutting up vegetables or meat that the recipe calls for.
- ♥ Prepare meals in a slow cooker.

Cook Simply

- ♥ Steam vegetables and flavor them with herbs.
- ♥ Use frozen vegetables without sauces.
- ♥ Broil, roast, bake, or grill meats.
- ♥ Make one-pot meals, such as stews and casseroles.
- ♥ Use frozen vegetables (such as carrots, greens, and peas).
- ♥ Learn simple recipes you can make in less than 30 minutes.

Use Herbs and Spices

- ♥ Chop fresh herbs, put them in ice cube trays with water, and freeze. Store the frozen cubes in a plastic bag. Use when you need fresh herbs.
- ♥ Grow oregano, basil, or thyme on a sunny windowsill.
- ♥ Keep dried herbs on hand. One teaspoon of dried herbs is equal to 3 teaspoons of fresh herbs.

Keep Quick Snacks on Hand

- ♥ Try these healthy snacks:
 - Cut-up fresh fruit or vegetables
 - Whole grain, ready-to-eat dry cereal
 - Fat-free and low-fat yogurt
 - Low-fat cheese
 - Whole grain breads