

# Quick Meals



**Giving Your Body the Best**

## **Do You Have Lots of Extra Time on Your Hands?**

Juggling the demands of a hectic lifestyle has changed the way people eat. Eating on the run has become America's favorite pastime. It has also influenced our food choices. Unless you are one of those rare people with lots of time on your hands, you may be looking for some quick cooking tips.

**Do You Have Lots of Extra  
Time on Your Hands?**



Eating on the run and using convenience foods can be expensive. With a little planning, healthy quick meals can be a part of your family's busy schedule.

Home cooked meals are:

- More nutritious.
- Better tasting.
- Less expensive.

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- Less expensive



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healthy quick meals can be part of  
your family's busy schedule.

To get in and out of the kitchen fast and create healthy, appealing meals in minutes, follow six quick time-saving tips:

1. Plan menus.
2. Shop wisely.
3. Organize and equip the kitchen.
4. Stock the pantry, refrigerator and freezer.
5. Involve family members.
6. Use efficient cleanup methods.

# Six Quick Time-Saving Tips

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2. Shop wisely
3. Organize and equip kitchen
4. Stock pantry, refrigerator and freezer
5. Involve family members
6. Use efficient cleanup methods



Efficient menu planning is the first step to successful quick meals.

- Select some family favorites to keep everyone happy.
- Add some budget stretchers to save money.
- Turn leftovers into planned-overs for a quick lunch or dinner.
- Include some prepackaged convenience foods to use when preparation time is limited.
- Prepare a shopping list.

# Plan Menus

- Select some family favorites
- Add some budget stretchers
- Turn leftovers into planned-overs
- Include some convenience foods
- Prepare a shopping list



**E X T E N S I O N**

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### **Reference**

Iowa State University Extension—EFNEP  
Utah State University Extension—EFNEP

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