

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.

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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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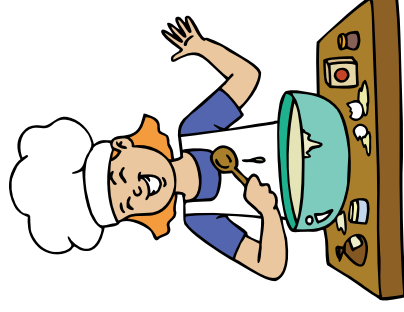


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To get in and out of the kitchen fast and create healthy, appealing meals in minutes, follow six quick time-saving tips:

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
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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.

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Plan Menus

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



Wise shopping saves time and money. It will help you get the most value for your food dollars.

- Shop from a list.
- Use coupons wisely. They can make costly convenience foods a better buy. Check newspapers, mailers and magazines for money-saving coupons.
- Compare prices to find the best buys. Many stores offer unit pricing. It tells how much food costs per ounce or pound. Unit price stickers are usually displayed on the shelf below the food item.

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Shop Wisely

- Use a shopping list
- Use coupons wisely
- Compare prices



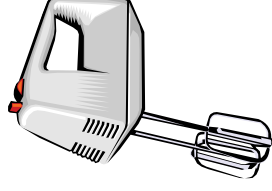
To save time, organize and equip your kitchen.

- A cook, like other skilled workers, needs to have the right equipment. Start by purchasing one or two items each month. Good buys on kitchen items can be found in close-out bins, at discount stores, garage sales and second-hand stores.
- Make sure food and equipment are arranged conveniently for fast-paced work.
- Labor-saving kitchen equipment like mixers, blenders, microwaves, toaster ovens, pressure cookers, electric fry pans and slow cookers can help reduce the time you spend in the kitchen.

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Organize and Equip Kitchen

- Acquire necessary equipment
- Arrange food and equipment conveniently
- Use labor-saving equipment



A well-stocked kitchen makes meal preparation quick and easy.

- Cupboards should be stocked with staples such as flour, sugar, salt, seasonings, pasta, rice and cereal products. Keep a good supply of canned soup, tomato products, meat, beans, vegetables and fruit.
- Stock your refrigerator with dairy products, eggs, fresh vegetables, fruit and various condiments.
- Keep your freezer stocked with a variety of meat, poultry, fish and vegetables. Frozen pizza, pot pies and other main-course dishes can be great time savers if your budget allows.
- Consider buying family packs; the price is usually lower. Repackage items into portion sizes just right for your household and store for convenient use later.
- All food should be rotated. Practice the FIFO—first in, first out—method to keep your food supply fresh and at top quality.

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Well-Stocked Kitchen

- Stock cupboards, refrigerator and freezer with supplies
- Purchase in quantity and repackage into portion sizes
- Practice the FIFO method



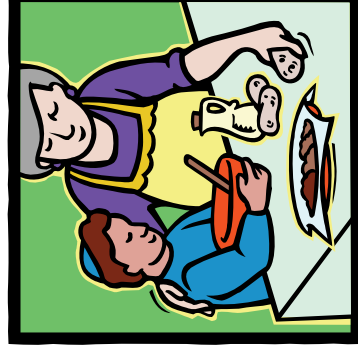
Involving family members in meal preparation saves time and provides an opportunity to interact. It is an ideal setting for family communication.

- Delegating mealtime tasks is a great way to combine work with family fun.
- Meal preparation and cleanup teaches important life skills.

How many of your favorite family memories took place in the kitchen?

Involve Family Members

- Delegate mealtime tasks
- Teach life skills



How many of your favorite family memories took place in the kitchen?



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Reference

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