

Quick & Easy Meal Tips



Make a List

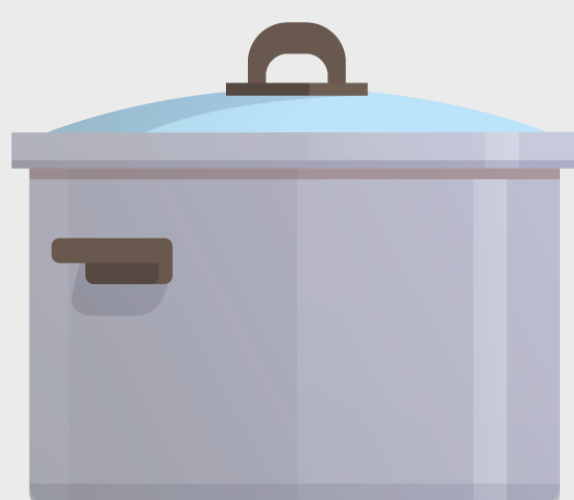
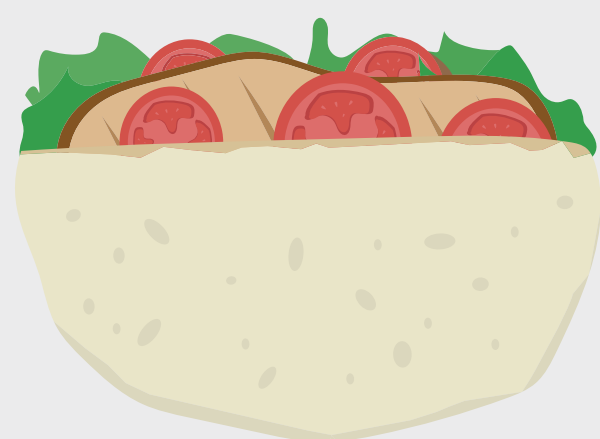
What will you eat each night, what ingredients do you have, what do you need?

Schedule a Prep Time

Set aside time on the weekend or other day to cut onions, other veggies, and fruit.

Cook in Advance

Cook something ahead of time and reheat or cook part of meal like grains ahead of time to use later in the week.



Keep it Simple

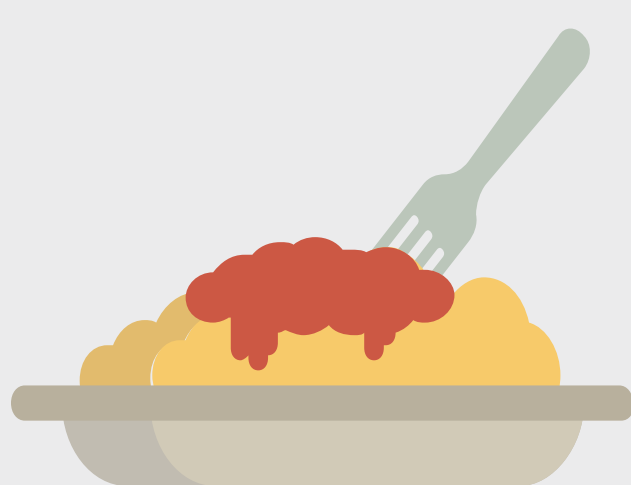
Canned tuna, peanut butter sandwiches, rice and beans can all be quick and healthy meals.

Use a Crock-Pot

If you have a Crock-Pot, use it. You can use less expensive cuts of meat, and let it cook while you are working.

Use Frozen & Canned Fruits & Veggies

These are often pre-cut and ready to use with little additional prep-time



Use Your Freezer

Make extra of a recipe and freeze part of it for a prepared meal later on. Soups, stews and casseroles often freeze well.

Stretch Your Food

Try cooking a whole chicken and using it with different grains and spices throughout the week. You can use the carcass to make soup at the end of the week.

Make Breakfast for Dinner

Scrambled eggs or omelettes with frozen veggies can be healthy and quick to prepare.



For more information and healthy tips

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