

# Not Enough Time for Healthy Eating?

## TIME-SAVING TIPS!

### PREPARING FOOD

Consider preparing commonly-used ingredients ahead of time. Examples:



Wash - (Peel) - Cut - (Freeze)



Cut or Portion - Tightly Wrap - Freeze  
Safety Thaw Before Use



Consider Meals That You Can  
Pre-Cook & Freeze

To Learn About Freezing and Food Safety,  
Visit: [tinyurl.com/Freezing-Food-Safety](https://tinyurl.com/Freezing-Food-Safety)



Enjoy raw veggies and unpeeled fruit.



Cook enough for multiple meals.



Use packaged and prepared foods, but wisely.  
(Check sodium and saturated fat on the label.)



 **Involve family and friends in meal prep and cleaning.**

 **Look for simple recipes.**  
A recipe can be nutritious without needing a bunch of ingredients or steps.

### BUYING



**Grocery shop with a plan.**  
Organize your shopping list by store sections  
(ex. "produce", "frozen foods", "dairy", etc.)

**Get the right materials.**

- Food containers and cooling packs make meal-prep and on-the-go meals easier.
- If within your budget, there are convenient cooking equipment like crockpot, toaster oven, rice cooker, etc.



**Explore grocery delivery or meal kits (online or in-store).**  
Look for special offers and discounts for signing up. When using meal kits, check out the nutrition info and portion sizes.

**When eating outside the home:**

- Look for the healthy choices within the menu. It may help to look through the menu online before going to the restaurant.
- Ask about ingredients, preparation methods or substitutions available (ex. grilled instead of fried).
- Consider asking for salad dressing, sauces, gravies, butter, and cheese to be served on the side.
- If portions are large, share with someone or set aside some to take home.

Talk with your health care provider about an eating pattern that is right for you.