

# Healthy in a Hurry...

## Preparing Quick and Healthy Meals at Home

### Tips for Fast and Healthy Foods at Home

- Brown meats ahead of time. Put in a sealed container. Refrigerate meats for use the next day; freeze meats for use 2-3 days later.  
*Note: You may consider refrigerating or freezing meat in single serving sizes.*
- Fill sealable plastic bags with vegetable finger foods: raw vegetables (broccoli and cauliflower florets, jicama and carrot sticks, zucchini and bell pepper circles, or snow peas). Take seasonal fruit. Besides taking the edge off hunger, fruit can be a thirst quencher.
- Pre-cooked, homemade casseroles take about 20 minutes to cook. These are ideal for meal times that are very short and busy.
- Adding soups to meals is a great way to add flavor and still have a quick meal, but watch the sodium in pre-packaged soups!
- Make your own TV dinners out of planned or leftover meats and casseroles. Freeze in microwaveable containers, then warm in microwave and serve.



### Grab n' Go Items

1. Salad in a bag
2. Pre-cut vegetables
3. Pre-cut fruits
4. Pre-cut meats and cheeses
5. Baked potato (microwaved)
6. Pre-cooked homemade casseroles
7. Raisins
8. Applesauce
9. Yogurt
10. String cheese
11. Soups
12. Bagels
13. Whole wheat bread, crackers, and graham crackers
14. 100% fruit juice
15. Hard boiled eggs
16. Cottage cheese

