

MyPlate Planning for Healthy Eating & Savings

TIME SAVING EDITION

When we think of “savings” it’s often in terms of money, but **time is important to save too!** Saving time while buying, prepping, and cleaning up after a meal means you get to spend more time with family and friends around the table.

 Here are five tips for saving time *at the store* and *in the kitchen*, while eating healthfully. 

HAVE A PLAN Check what foods you have on hand in your fridge, freezer, and pantry. Then, plan your meals and snacks for the week. Lastly, write your shopping list based on additional items you need.

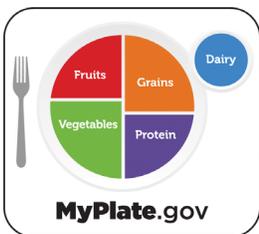
Helps you save time by...

-  Helping you move through the store quickly.
-  Taking out the guesswork. Having a plan means you can get right to prepping and cooking.

BONUS TIP
If you’re familiar with your store layout, organize your list by food groups and aisles to save more time.



GET A MIX Include your family’s favorite fresh, frozen, and shelf-stable choices from each of the five MyPlate food groups on your shopping list.



Helps you save time by...

-  Cutting down on trips. Having a variety of items that keep longer in your freezer and pantry gives you many recipe options to cook over time.
-  Reducing prep time. Freezer and pantry items are ready when you are and can often be prepared and heated without additional washing, prepping, and chopping.

BUY IN BULK Shop for foods like rice, oats, dried beans, and lentils in the bulk section of the store. Some stores carry multi-packs of canned foods like fruits, vegetables, beans, and fish. Purchase family-size portions of frozen fruits, vegetables, prepared meals, meats, poultry, and seafood. 

Helps you save time by...

-  Decreasing the types of food you need to purchase each time – and number of trips to the store.
-  Having familiar options available which can take the guesswork out of prepping.



SHOP FROZEN Frozen produce is packed at the peak of ripeness and is ready when you are. Fish and shellfish are often flash-frozen shortly after being caught. Look for other easy-to-make protein foods and grain options too.



Helps you save time by...



Not having to check for bruises or other quality concerns.



Decreasing prep time.

DID YOU KNOW?

Healthy grains like rice or whole wheat pasta and protein foods like seafood and lean meats contribute to nutritious meals.

STOCK MEALS AND SNACKS Your freezer is a one-stop shop for ready-to-cook ingredients and full meals. Buy frozen meals from the store to keep on hand. And cook ahead to be prepared for busy days. Pre-portion leftovers to eat in an instant.

Helps you save time by...



Cutting down on the number of foods and ingredients to pick up. And, not buying more than you need.



Reducing meal prep, cooking, and cleaning time. While your meal is heated, you can do something else. Before you know it, a meal is ready to eat, and your to-do list is shorter!



PRO TIPS



Check the food label on frozen meals. Look for options that include vegetables, whole grains, and lean protein foods and are lower in sodium, saturated fat, and added sugars.

Store food safely in your refrigerator, freezer, and cabinets.

For more food storage tips, scan here:

