

EFFICIENT EATS: COOKING FOR 1, 2, OR 3

Cook Once, Eat Multiple Times

Cooking healthy meals for one person or smaller groups can be easy and cost-effective when done right. These tips will help you enjoy delicious healthy meals and snacks while reducing food waste and saving time and money. Happy cooking!

Cook once, eat many times

Prepare larger batches of soups, stews, casseroles, or entrees. Refrigerate or freeze in individual portions. Heat and eat when you are short on time.



Label and date each package for easy identification.

PRO TIP



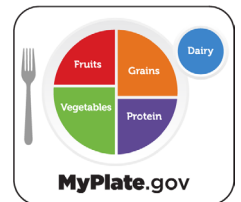
Keep single-serve snacks on hand

Pre-portion snacks like celery and carrots, nuts, seeds, mini pretzels, low-fat cheese cubes, dried fruit, unsweetened cereal, or snack crackers in small, sealable, single-serve container bags.



Healthy snacks can come from all the food groups. Choose a variety!

PRO TIP



Make multiple meals ahead of time

Prepare salads, grain bowls, and overnight oats in batches.

When building these meals, start with wet ingredients, herbs, and spices on the bottom; add dry ingredients in layers; then store in the refrigerator.



Keep in resealable containers for to-go meals.

PRO TIP



Have smoothies

Make single-serving smoothies by blending fat-free or low-fat yogurt or milk (or lactose-free or soy alternatives) with fruit pieces or 100% fruit juice and crushed ice.

Use fresh, frozen, canned, and even overripe fruits.



Make every bite and sip count! Add spinach or kale, avocado, ground flaxseed, or oatmeal for extra nutritional value.

PRO TIP



Use small appliances

Toaster ovens, microwaves, air fryers, and crockpots are compact, efficient, and perfect for cooking or reheating smaller items (e.g., roasted potatoes) or portions.



Small appliances can help you save money on energy costs too!

PRO TIP

Store foods for maximum freshness

Some foods are better stored on the counter (**unripe** avocados and bananas) or in the pantry (fresh potatoes and onions). Others, like walnuts, are better kept in the fridge.



Use the FoodKeeper app to optimize food and beverage storage. Scan here:



PRO TIP

