



TIME-SAVING TIPS

for the real food kitchen

1

BATCH COMMON TASKS

Make it a habit to batch prep the foods you know you use frequently so they're ready to be added to recipes without adding much time. For example, if you're baking chicken, double the amount and chop / shred / slice the extra for upcoming recipes. If you're cooking rice or potatoes, double or triple the amount so that when you need rice three days from now, all you have to do is heat it up.

2

TAKE ADVANTAGE OF SMALL MOMENTS

While you're waiting for water to boil or when you pop a casserole in the oven long enough to melt the cheese, make use of those minutes. You can wash a pot, tidy one section of the counter, chop an onion for tomorrow night's dinner, start beans soaking for a recipe later in the week, or refill ingredients that are running low (like the sugar bowl or the tin of flour).

3

ORGANIZE FOR EFFICIENCY

If you are constantly running back and forth across your kitchen to grab a spoon when you need to taste a sauce or to get another mixing bowl, **consider re-arranging your kitchen so that each task has the needed tools gathered in one area.** This can include school lunch supplies, baking, tea and coffee supplies, breakfast items, etc.

4

SHARE THE LOAD

If there are other members of your family who can chop, stir, or clean, then be sure they're included in meal prep and clean up. This can be as simple as asking a teenager who's the first one home to place the thawed freezer meal in the oven to bake. Or make it a family-wide 10-Minute Tidy to clear the table, sweep the floor, and get the dishwasher loaded after supper. Get everyone involved, which will make everything more efficient.

5

REVIEW YOUR PLAN OFTEN

To make the MOST efficient use of your time, return to your meal plan over and over again through the week. For example, before bed each night, take five minutes to make sure you've removed meat from the freezer for tomorrow's meals or to make sure the pots you need for tomorrow's breakfast are ready and available. These on-going reviews are one way to keep your efficient household ticking along smoothly, even at full speed.