






Healthy Eating in a Hurry




 **Use the slow cooker.** Use time to your advantage! It only takes a few minutes to assemble most slow cooker recipes. The meal will cook during the day and be ready at dinnertime.

 **Plan ahead for the week's meals.** Buy and prep meals once a week on your least busy day. This allows you to portion foods and save money by buying in bulk.

 **Make a shopping list** that includes everything needed for the upcoming week. This ensures you have everything on hand when it is time to get cooking, and will eliminate trips to the grocery store mid-week.




 **Avoid fast food restaurants.** If you know you're going out, look at the menu options that are marked healthier choices, smaller sandwiches, salads, and limit fried foods.




 **Keep the pantry well stocked** with healthy choices for the week.

 **Chop fruits and veggies ahead of time** and serve with low fat dressings or dips.

 **Cook in large batches and freeze.** Cook more than needed for one meal and freeze the leftovers in single serving size containers.

 **Stash snacks.** Keep a supply of healthy snacks in your desk drawer, in the car, and at work.

 When time is tight, **consider pre-cooked protein options** like a rotisserie chicken, canned tuna or chicken, or pre-cooked shrimp. For a quicker cooking option, try fresh fish filets that are on the thinner side (like tilapia) and vegetarian protein foods like tofu and canned beans.



For more information visit us at <https://5210.psu.edu> or email at 5210@psu.edu.

Website sources:

<http://www.diabetes.org/mfa-recipes/tips/2014-09/15-ways-to-eat-healthy-in-a.html>

<http://consumer.healthday.com/encyclopedia/food-and-nutrition-21/food-and-nutrition-news-316/eating-healthy-in-a-hurry-648424.html>

http://www.mankatofreepress.com/news/health_and_fitness/speaking-of-health-healthy-eating-even-when-you-re-in/article_edf5d7cc-e637-11e4-bb35-e339ff29a252.html



This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Family Policy, Children and Youth, U.S. Department of Defense under Award No. 2010-48709-21867 developed in collaboration with The Clearinghouse for Military Family Readiness at Penn State University.

5210 Healthy Military Children is adapted from Let's Go! www.lets-go.org.