

# COOK ONCE, EAT TWICE

Planning meals based around a food that can be prepared in a larger amount makes cooking once and eating twice

**easy!**

Developed by Marianna Langston, SNAP-Ed Nutrition Educator. Sources: [www.choosemyplate.gov/myplate-mywins-tips-meal-planning-one-0](http://www.choosemyplate.gov/myplate-mywins-tips-meal-planning-one-0); [www.choosemyplate.gov/ten-tips-be-food-safe](http://www.choosemyplate.gov/ten-tips-be-food-safe); [www.fightbac.org](http://www.fightbac.org).

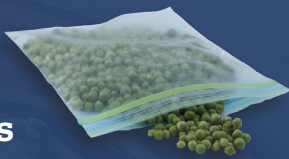
## Helpful **COOKING TIPS**

- Cook, drain and freeze ground beef. The crumbled ground beef can be added quickly to casseroles, spaghetti sauce, pizza or soups.
- Extra beef or pork roast can be chopped, sliced or shredded and used for sandwiches or in soups or stews.
- Cook a larger chicken or turkey, the extra can be sliced, chopped or shredded. You can use this to make chicken salad or add barbecue sauce for sandwiches. It can also be added to casseroles, fried rice or stew.
- Cook a larger batch of rice, then use in casseroles or soups.
- Extra scrambled eggs can be turned into breakfast burritos.
- Extra servings of fruit can be turned into smoothies, parfaits or popsicles for healthy snacks.

## **STORAGE TIPS**



Freeze foods in portion sizes you can use for future meals.



Use storage containers and plastic bags that are designed for freezer use.



If freezing a food for later, use a container that is freezer and oven safe.



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