



## Kitchen Timesavers

Try these kitchen timesavers to cut back on time and make less work for you. By taking the stress and hassle out of cooking, you'll have more time to enjoy it and to spend with your loved ones.

1. **Organize your kitchen.** Keep frequently used items such as cooking oils/sprays, spatulas, cutting boards, and spices within easy reach. This will save you from having to search for them later.
2. **Clear the clutter.** Before you start cooking, clear off your counters. This allows more room for prep space.
3. **Chop extra.** When chopping up veggies for a meal, chop more than you need. Place the extra amount in a reusable container and freeze. The next time you need vegetables, you can skip a step.
4. **Have everything in place.** Grab all ingredients needed for your meal—chopped vegetables, measured spices, and thawed meats. It will be easier to spot missing items and avoid skipping steps.
5. **Double your recipe.** For your next casserole or stew, try doubling the recipe and freezing the extra. You'll save time and make cooking next week's dinner a snap!
6. **Clean as you go.** Fill up the sink with soapy water and wash the dishes as you cook. It'll make clean up go much smoother!
7. **Save some for later.** Freeze leftover soups, sauces, or gravies in small reusable containers.

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