

# SMART PREP: PREP NOW, EAT LATER

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Prepare perishable foods soon after shopping.  
It will be easier to whip up meals later in the  
week, saving time, effort, and money.

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## HELPFUL TIPS

- When you get home from the store, take the time to wash, dry, chop, dice, slice, and place your fresh food items in clear storage containers for snacks and easy cooking.
- Befriend your freezer and visit it often. Freeze food such as bread, sliced fruit, or meat that you know you won't be able to eat in time.
- Cut your time in the kitchen by preparing and freezing meals ahead of time.
- Prepare and cook perishable items, then freeze them for use throughout the month. For example, bake and freeze chicken breasts or fry and freeze taco meat.

