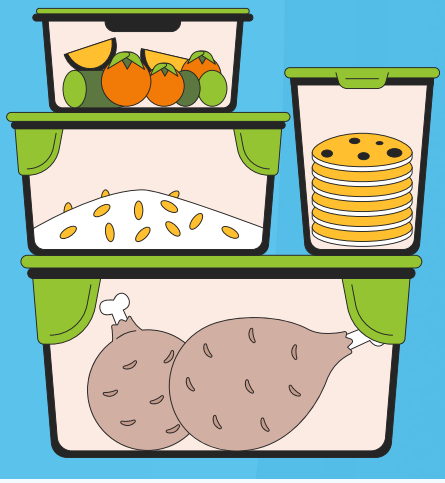
MEAL PREP TIPS & TRICKS

MEAL PREPPING SAVES YOU TIME AND MONEY WHILE ENSURING QUICK AND HEALTHY OPTIONS ARE ON HAND AND ACCESSIBLE

3 types of meal prep

- Batch cooking: Make a big recipe, freezing or saving it for later use
- Individually portioned meals: Dividing food into portions ahead of time to have grab and go options
- Prepped ingredients: Chop, peel, slice, and/or roast a bunch of food beforehand and use the components in recipes later. Great options for those struggling with eating the same meal



BEST FOODS FOR MEAL PREPPING

- frozen veggies
- starchy veggies
- stiff, fresh veggies
- whole grains
- beans
- lean protein
- whole fruits
- nuts and seeds

THINGS TO CONSIDER WHEN FOOD PREPPING

- For beginners, start with choosing just one mealtime that you would like to prepare for
- Pick a day or two to do your meal prepping. A common schedule is Sundays & Wednesdsays
- Determine how much/how many days you want to prep for. Consider food freshness when deciding (see chart on other side)
- Consider investing in quality, air-tight containers to maintain freshness

info from good housekeeping.com

CSUSM
STUDENT HEALTH & COUNSELING SERVICES (SHCS)

FoodSafety.gov

Cold Food Storage Chart

SCAN FOR COMPLETE CHART

Food	Type	Refrigerator [40°F (4°C) or below]	Freezer [0°F (-18°C) or below]
Salad	Egg, chicken, ham, tuna, and macaroni salads	3 to 4 days	Does not freeze well
Hot dogs	Opened package	1 week	1 to 2 months
	Unopened package	2 weeks	1 to 2 months
Luncheon meat	Opened package or deli sliced	3 to 5 days	1 to 2 months
	Unopened package	2 weeks	1 to 2 months
Bacon and sausage	Bacon	1 week	1 month
	Sausage, raw, from chicken, turkey, pork, or beef	1 to 2 days	1 to 2 months
	Sausage, fully cooked, from chicken, turkey, pork, or beef	1 week	1 to 2 months
	Sausage, purchased frozen	After cooking, 3-4 days	1-2 months from date of purchase
Hamburger, ground meats and ground poultry	Hamburger, ground beef, turkey, chicken, other poultry, veal, pork, lamb, and mixtures of them	1 to 2 days	3 to 4 months
Fresh beef, veal, lamb, and pork	Steaks	3 to 5 days	4 to 12 months
	Chops	3 to 5 days	4 to 12 months
	Roasts	3 to 5 days	4 to 12 months
Ham	Fresh, uncured, uncooked	3 to 5 days	6 months
	Fresh, uncured, cooked	3 to 4 days	3 to 4 months
	Cured, cook-before-eating, uncooked	5 to 7 days or “use by” date	3 to 4 months