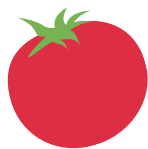


URI SNAP-ED NUTRITION NEWSLETTER



MEAL PREP & PLANNING TIPS

Many people have busy schedules and find it easier to choose quick, fast food options instead of taking time to cook. Meal prepping is a great way to make cooking easier and cut back on the amount of time it takes. It can also help you stretch your food dollar, plan healthy meals, and reduce food waste.



Meal Prep Basics

Common Meal Prep Methods

- Cook meals before mealtime, refrigerate, and then reheat when ready to eat.
- Cook a large batch of a recipe to be divided into smaller portions, which can be frozen or refrigerated to be eaten later.
- Prepare ingredients for a recipe ahead of time to save time when cooking the recipe (i.e. chopping vegetables or boiling pasta).

Meal Prep Tips

- Use shopping lists to keep track of ingredients needed for recipes each week.
- Try reusable containers to organize meals or ingredients for easy access and travel.



Make sure to visit uri.edu/snaped or follow us on social media for more family-friendly recipes and nutrition information!



RISNPEd



URI_Nutrition_Ed



Community Nutrition Education RI

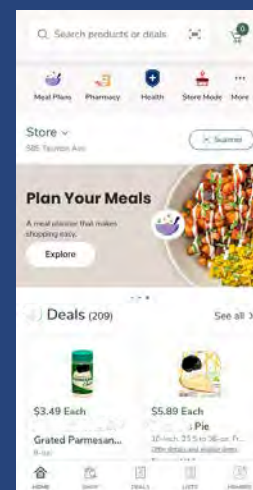
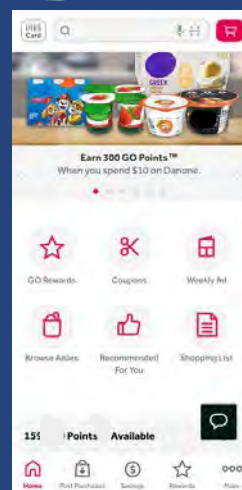


URI Nutrition



Technology Spotlight:

Grocery Apps



- Check to see if your local grocery store has an app.
- Grocery store apps provide coupons, sales, shopping lists, meal planning tips, and reward points.
- When you create an account and scan your rewards card at checkout, you earn reward points that can be used to save money on food and gas.

Keep Your Food Fresh

When meal prepping, sometimes food can be forgotten about or there is too much and it goes bad. Try these tips below to keep your food fresh:

- Refrigerated meals are good for 3-4 days and frozen meals are good for 3-6 months.
- Label your prepped food with dates to remember to eat within a safe period.
- Organize your refrigerator so that the oldest foods and meals are in the front at eye level.

Meal Prepping Safely:

- After buying fresh foods or cooking meals, refrigerate within 2 hours.
- Thaw frozen foods in your refrigerator instead of on countertops.



Veggie Egg Bites

Prep time: 5 minutes

Serving size: 1 egg bite

Cook time: 25 minutes

Servings per recipe: 7

Cost: \$4.06 per recipe, \$0.58 per serving

Ingredients:

Non-stick cooking spray
 2 cups vegetables, washed and chopped
 6 eggs
 ½ teaspoon salt
 ½ teaspoon pepper
 ½ teaspoon garlic powder
 ½ cup shredded reduced fat cheddar cheese

Directions:

1. Preheat oven to 350°F. Spray a muffin pan with non-stick cooking spray.
2. Put chopped vegetables in 7 holes of the muffin pan.
3. Beat eggs in a bowl. Stir in salt, pepper, garlic powder, and cheese.
4. Pour egg and cheese mixture over vegetables in the muffin pan and bake for 25 minutes.

*If there are empty muffin tin holes, fill with water so egg bites cook evenly

Nutrition Facts

7 servings per container	
Serving size	1 egg bite
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 160mg	53%
Sodium 300mg	13%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 1mcg	6%
Calcium 67mg	6%
Iron 1mg	6%
Potassium 148mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Prep Tips:

- Freeze large batches of egg bites for a quick and easy breakfast on busy mornings.
- To thaw, leave frozen egg bites in the refrigerator overnight.