**Health Tip of the Month**

**Too Busy? Do Meal Prep!!**

**What is meal prepping?**
Meal prepping is preparing meals or portions of meals ahead of time. This involves cooking and portioning out food for a few days in advance. Prepped food can be stored either in the fridge or freezer. This can be done for any meal: breakfast, lunch or dinner. Not everyone has time to cook everyday, but that does not mean that you can’t have home cooked meals everyday.

**Benefits:**
1. **Convenience:** Having pre-made meals on hand saves time during the week, especially for busy weeknights when you don’t have the energy or time to cook.
2. **Healthier Eating:** Meal prepping allows you to plan and prepare nutritious, balanced meals ahead of time.
3. **Cost Savings:** Cooking in bulk and portioning out meals can be more cost-effective than buying take-out or restaurant meals.
4. **Reduced Food Waste:** Planning and portioning meals can help minimize food waste since you’re only cooking what you need for the week.

**Tips for Meal Prepping**

**What can help make meals last longer:**
- Adding toppings or sauces the day of eating, that way there won’t be a problem with things getting soggy or turning brown, like avocados.
- Making sure to keep meals for no more than 4 days. If food needs to last longer then freezing it can be an option. This works great for soups which are just as tasty once thawed and reheated.

**Ideas for Meal Prep:**
1. Soup
2. Chili
3. Stew
4. Overnight Oats
5. Burrito bowls
6. Salads with dressing on the side
7. Vegetable stir-fries with choice of protein

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