



The Efficient Cook

Participant Handout

Efficient Cook Skills Inventory

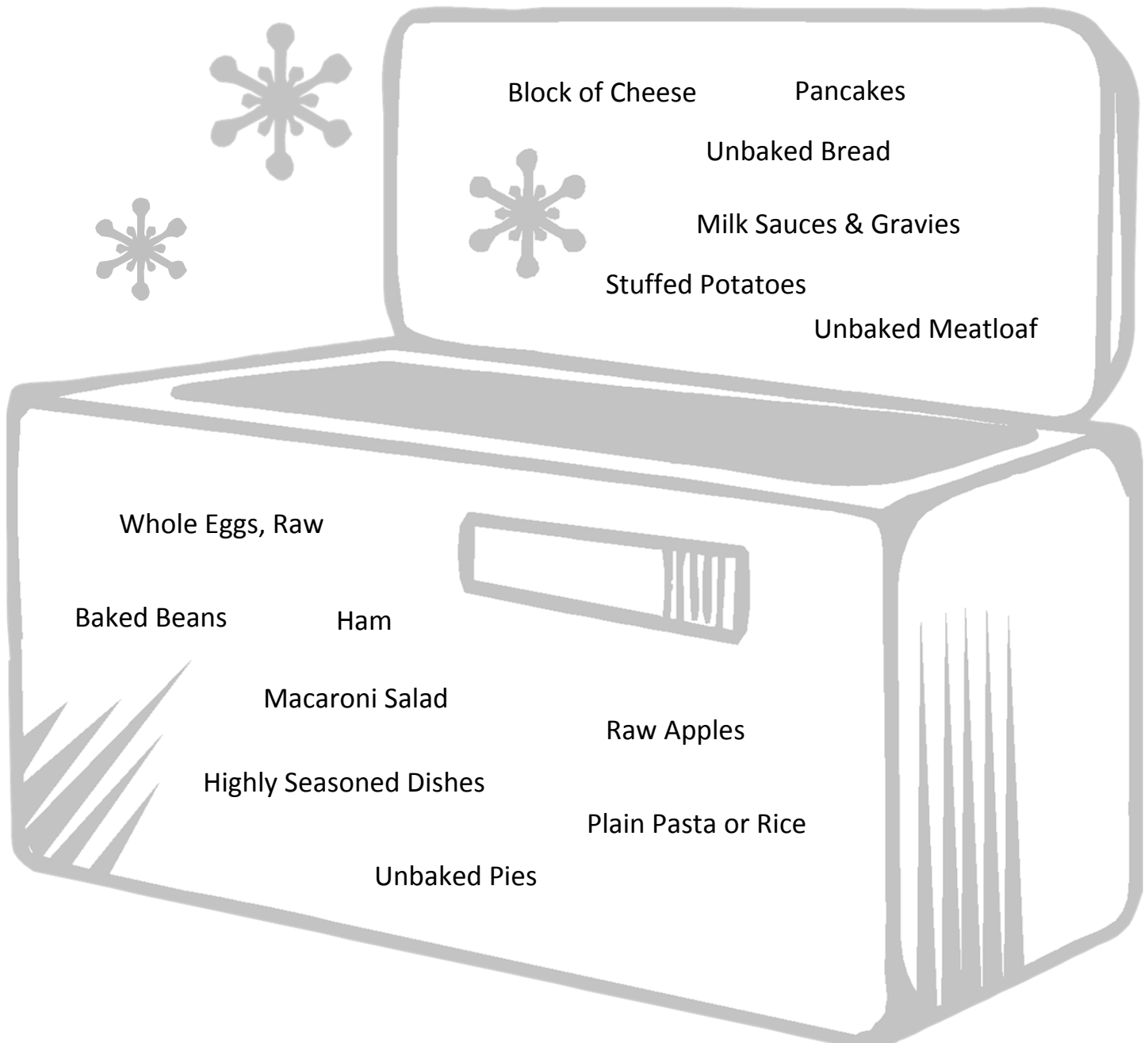
| | I already do this | I will try to do this | I don't plan to do this |
|---|--------------------------|------------------------------|--------------------------------|
| Store kitchen gadgets or equipment you use often in easy to reach places. | | | |
| Freeze fresh meats and produce before they spoil. | | | |
| Freeze individual portions of leftovers to reheat later. | | | |
| Rotate items out of fridge, freezer or pantry and into our meal plan before they spoil. | | | |
| Use kitchen equipment for multiple purposes rather than single purpose (e.g., blender used as food processor). | | | |
| Search for quick and easy recipes in cookbooks or on line. | | | |
| Recycle or reuse your meal plans. | | | |
| Build flexibility into meal plans in case of scheduled changes or if company visits. | | | |
| Review the food ads (print or online) for sales before planning meals or shopping. | | | |
| Cook extra (double or triple recipes) and freeze to eat later. | | | |
| Date items in the pantry or freezer so they can be used while still good quality. | | | |
| Use recipe books or online tools that link recipe ingredients to a shopping list that can be downloaded or printed. | | | |
| Make a list before grocery shopping. | | | |
| Post grocery lists so you and others in your household can add items throughout the week. | | | |
| Use (and re-use) a personalized grocery shopping list that you usually buy. | | | |

| | I already do this | I will try to do this | I don't plan to do this |
|---|--------------------------|------------------------------|--------------------------------|
| Set up your grocery list so it corresponds to how the store is set up. | | | |
| Plan your meal meals in advance by writing them down. | | | |
| Shop once a week or less often. | | | |
| Check ingredients needed for recipes and add to grocer list before shopping. | | | |
| Change your meal plan if you see in-store specials or marked down items while shopping. | | | |
| Take a visual or written inventory of food items on hand and work them into menu before shopping. | | | |
| Keep a well-stocked pantry with items you frequently use to prepare meals. | | | |
| Have several "quick" meals you can cook from basic ingredients in your freezer or pantry. | | | |
| Post your menu so others in your household can get the meal started when you are running late or not available. | | | |
| Share shopping, cooking and clean-up tasks with others in your household. | | | |
| Cook large batches of frequently used ingredients (ground hamburger, chicken breast, etc.) freeze and add to recipes later. | | | |
| Build flexibility into your meal plans in case of scheduled changes or if company visits. | | | |
| Your idea | | | |
| Your idea | | | |
| Your idea | | | |

Freeze Your Assets

Save money and time by using your freezer wisely. Many foods freeze well, some foods need modification before freezing and others result in poor quality when frozen.

Circle the items below that freeze well



*For more information on freezing tips: Freezing Convenience Foods PNW 296
Available for order or download at <http://extension.oregonstate.edu/catalog/>*

Basic Foods for Fridge, Freezer & Cupboard

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<http://lancaster.unl.edu/food>

Would you like to go to your cupboard, refrigerator or freezer and already have most—if not all—the ingredients needed to make a meal? Use these foods as a “starter list” to help you begin developing a list that works for you. These foods were picked because they’re commonly available and mix and match with a variety of other foods.

Fruits

FRESH

- Apples
- Bananas
- Grapes, seedless
- Oranges

CANNED

- Oranges, mandarin
- Pineapple, canned in juice (pineapple tidbits are a versatile form)

FROZEN

- Berries, such as blueberries, raspberries, strawberries, etc.

DRIED

- Raisins, dried cranberries, etc.

Vegetables

FRESH

- Bell peppers
- Carrots
- Cabbage, shredded (buy smallest package size if cooking for a few people)
- Lettuce, darker green varieties (Romaine, green leafy, etc.)
- Onion (sweet onions are most versatile if buying only an onion or two weekly)
- Potatoes (white and sweet)
- Tomatoes (cherry and grape tomatoes tend to have the best flavor when other tomatoes are out-of-season)

CANNED

(no-salt-added forms available)

- Corn
- Tomatoes, diced

FROZEN

- Corn
- Peas

Dairy Products

- Cheese, cheddar and/or other favorite varieties
- Ice cream or frozen yogurt, low fat or fat-free
- Milk, low fat or fat-free
- Yogurt, low fat or fat-free (vanilla-flavored yogurt is especially versatile; or add your own sweetener and vanilla to plain yogurt, if desired)

Meat, Fish, Dry Beans, Eggs and Nuts

- Beans, canned or dry, such as Great Northern, navy, kidney, red, black, pinto beans, etc. (check for “no-salt-added” canned varieties)
- Beef, ground, 90–95% lean
- Chicken breast, skinless
- Eggs, large (“large” suggested as many recipes are designed for use with this size)
- Fish (frozen fish fillets lend themselves to many quick meals; thaw overnight in the refrigerator in original package on a plate on bottom shelf for easy use the next day)
- Nuts (almonds, walnuts, etc.)
- Peanut butter
- Pork loin chops, boneless
- Salmon (including canned and/or frozen forms of salmon; canned salmon is available in water pack varieties and may be found canned without the skin, if desired)
- Tuna, canned (water pack and low sodium varieties are available)
- Turkey cutlets

Grains

- Bread, whole wheat (can purchase low sodium forms at some stores)
- Cereal (whole grain)
- Crackers (look for varieties that are whole grain and lower in salt)
- Oatmeal (“Old-fashioned” oatmeal is very versatile; simply pulse it a few times in a blender if a recipe calls for “quick oats.”)
- Pasta (consider whole grain varieties)
- Rice (include some whole grain rice, such as brown rice)

Oils

- Extra virgin olive oil for dressings, dipping and drizzling
- Mayonnaise-type salad dressing (light and low fat forms available)
- Other oil for cooking: canola, corn, cottonseed, safflower, soybean, sunflower
- Soft (tub or squeeze) margarine with no trans fats

Seasonings

- Black pepper (consider freshly ground)
- Chicken broth, low sodium
- Chili powder
- Cinnamon
- Garlic, fresh or dry
- Italian seasoning (can be used as a quick seasoning for salad dressings, soups, rubs for meat, etc.)
- Mustard, Dijon-type (can find no-salt-added forms in some stores)
- Rosemary, dried leafy (crush slightly right before using to release added flavor in recipes; an inexpensive mortar and pestle works well for this)
- Thyme, dried leafy (see note by rosemary)
- Vanilla
- Vinegar (consider vinegars such as balsamic, red wine, cider, and white wine or rice vinegar – start with a small bottle and see which you use the most; vinegar easily lasts at least a year)

Sugars

- Sugar, white granulated
- Sugar, brown

Other

- _____
- _____
- _____
- _____

Know how. Know now.



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