

Meals Made Easy

- * Use quick cooking methods.**

- Slice meat and poultry in thinner slices for faster cooking.

- * Prepare “do-it-yourself” meals.**

- Example; deli sandwiches, mini-pizzas on English muffins, etc.



- * Cook more than one meal at a time.**

- Make enough food for 2 meals and freeze one.
- Make an extra meal while one meal is simmering.



Used with permission



The Food Stamp Program can help you buy nutritious foods. To find out more, call Oregon SafeNet at 1-800-SAFENET (723-3638) or (503) 988-5858 in the Portland metro area. This material was funded in part by USDA's Food Stamp Program. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. © 2007 Oregon State University. Oregon State University Extension Service cooperating. Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, or disabled veteran or Vietnam-era veteran status. Oregon State University Extension Service is an Equal Opportunity Employer.