



# Feed your family in no time

When life gets busy, feeding your family can still be simple and achievable. Here are some tips to help you save time.

## Plan ahead:

- Have a list of your family's favourite meals to make deciding what to cook easier.
- Choose easy recipes with minimal ingredients.
- Shop once a week. Take a list to the grocery shop so you don't miss things and have to go back.



## Be smart with how you cook:

- Cook a bit extra at dinner and enjoy the leftovers for lunch or dinner another day.
- Double your recipes and freeze meals for busy days.
- Prepare some parts of meals at the start of the week to save time and stress.
- Cook a big batch of things like mince and use it in other meals like spaghetti bolognese or shepherd's pie.
- Use slow cookers or one-tray meals to keep cooking easy.

## Use shortcuts:

- Use frozen and canned vegetables in your cooking
- Keep staples like pasta in your cupboard and use them to make quick meals.
- Buy things like microwaved rice. They can cost more but they can help you save time.
- Grate or slice extra cheese and save some for later.





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## Easy meals are okay

Keep a list of quick meals for your family like:

- Scrambled eggs with vegetables.
- Frozen ravioli with sauce.
- A 'pick plate' with leftovers the kids can choose from.
- Toasted sandwiches with veggie sticks.

Not every meal needs to be perfect. Sometimes you just need to keep it simple.



## Have snacks ready:

- Cut fruit for the week and keep it in a container in the fridge.
- Cut veggie sticks and store them in water to keep them fresh for 2–3 days.
- Bake muffins or a slice and keep them for snacks through the week.
- Frozen or canned fruit works well.
- Packaged snacks like popcorn or yoghurt pouches are handy on busy days.

## Making the lunchbox quick and easy:

- Pack lunches the night before to save time.
- Keep cut fruit and vegies in the fridge. Carrots, watermelon, celery, pineapple and oranges stay fresh for a few days.
- Make extra sandwiches and freeze them for busy mornings.
- Keep a 'grab box' in the pantry or freezer with quick snacks ready to go.