

## Healthy Measures: I DO have time to cook!

When we spend most of our waking hours at work, running errands and taking care of family, cooking a meal after a long day may not be one of our highest priorities.

As part of the 2011 *Nutrition Month* campaign, [Dietitians of Canada](#) offers some shortcuts to incorporate into your cooking while maintaining your busy schedule.

### **Make planned extras**

Planned extras are different from leftovers because they are extras made on purpose. By cooking more food than you need, you can save the extras for another meal or two.

### **Use convenience foods to your advantage**

Purchasing ready-to-eat and convenience foods such as salad greens and a rotisserie chicken for an occasional meal will definitely save you time during meal preparation.

### **Go for slow**

Using a slow cooker does not only provides you with a hot meal, it also saves you time from cooking a meal from scratch. Before you head out for the day, simply put the ingredients into the slow cooker and turn on the appliance. You'll have a hot, nutritious meal waiting for you at the end of the day.

### **Big-batch it**

Weekends are a great opportunity to prepare foods in big batches. By making big batches, you can save food preparation time during the week and will be able to do other activities that you enjoy. Foods that are ideal for preparing in big batches as well as refrigeration and freezing are: soups, stews, chilli, casseroles, muffins, loaves and pancakes.

### **Make your freezer your friend**

By preparing your foods in big batches, you can double or triple the quantity of your recipe, divide your foods into appropriate portions and freeze the foods in meal sized airtight containers and re-sealable freezer bags. By portioning out your foods ahead of time, you can also quickly defrost your foods on nights when time is limited.

### **For more information, visit:**

[Dietitians of Canada: Cook It Up Healthy! Time Saving Techniques](#)  
[Eating Well with Canada's Food Guide](#)

**If you have questions on nutrition and healthy eating,** contact *EatRight Ontario* at 1-877-510-5102 and speak to a Registered Dietitian.

**Healthy Measures: Eat Well, Be Active and Be Yourself!**