

# TIME SAVING IDEAS

By Nicole Dynan  
(Accredited Practising Dietitian)



Just because most of us are working from home these days, does not necessarily mean we have more time to spare. We are often juggling children and work and adjusting to a new routine.

**These ideas may help you to save time when it comes to buying and preparing food:**



## Shop online

Make a staple list and just add your extras each week.



## Prepare food on weekend for the week ahead

Chopping veggies, making a soup or curry to freeze, and making a healthy snack such as bliss balls can all help keep you on track during the weekday rush.



## Cook once, eat twice

Leftovers can be a great way to have a nutritious and easy lunch.



## Prepare the night before

Packing a lunchbox the night before can help you stay in a healthy eating routine.



## Prepare easy, no recipe meals

**The plate model** can help guide you when it comes to healthy meals. They do not need to be complex to be nutritious.



## Store in correct portion sizes

Reheat or defrost only what you need to avoid food waste.