

## Meal Planning Tips for Caregivers

Weekly meal prep can easily provide healthy foods that are readily available for your loved one to mix and match to make a meal.

Prep fruits and vegetables by washing and cutting into manageable sizes. Store in the fridge.

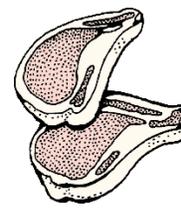
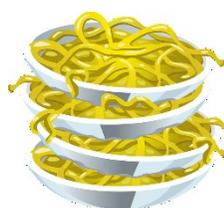
### Freezing Tips:

Freeze in small serving sizes (1-2 servings per container.)

Repurpose plastic containers from the grocery store: ie yogurt, cottage cheese containers.

### Foundation Foods

#### for Batch Cooking and Freezing:



| Food                                     | Cooking  | Freezing  |
|--|--|---|
| <b>Ground meats/taco meat/ meatballs</b> | Cook well and add any seasonings you would like such as taco seasoning etc.  | Let cool for no more than 1 hour. Add individual portions to container. Freeze. To reheat cook in microwave until temp is 165°F. Can freeze for 3 months. |
| <b>Shredded chicken/pork</b>             | Cook well and add any seasonings you would like. Once cooked, shred with fork (great for slow cooker or Instapot.) | Let cool for no more than 2 hrs. Add portions to container. Freeze. To reheat cook in microwave until temp is 165°F. Can freeze for 3 months.             |
| <b>Rice, Quinoa</b>                      | Cook as directed   | Let cool. Freeze in 1-2 C servings. To reheat, place rice into microwavable bowl,   |

|                                    |   |  |
|------------------------------------|---|--|
|                                    |   | cover loosely. Cook until heated through. Can freeze for 3 months.   |
| <b>Pasta</b>                       | Cook as directed to al dente, drain, store sauce separate.  | Cool slightly, add some oil, freeze on a pan in single layer. Once frozen add 1-2 C portions to bag or container. To cook add to boiling sauce. Can freeze for 3 months.                   |
| <b>Potatoes; regular and sweet</b> | Wash and chop into desired shape (shredded, wedges, fries). Steam or boil on stovetop until al dente. Drain and add to bowl of ice water. | Place on cooking sheet in single layer and freeze. Once frozen add 1/2C – 1C to bag or container. Thaw and cook. Cooking time slightly longer for sweet potatoes. Can freeze for 3 months. |
| <b>Barley</b>                      | Cook as directed.   | Let cool. Add 1/2c – 1C portions to container. Freeze. Reheat in microwave. Can freeze for 3 months.   |
| <b>Soup</b>                        | Make large batch in crock pot, Instapot, or on the stove. Broth style soups freeze better than cream style.                               | Cool before freezing. Freeze in 1-2 C servings. Reheat in the microwave or on the stove. Can freeze for 3 months.  |

**Helpful websites for meal ideas:**

<https://garlicdelight.com/5-tips-batch-cooking/>

<https://www.budgetbytes.com/top-10-freezer-meals-2/>

<https://sweetpeasandsaffron.com/healthy-freezer-meal-prep-dinners-for-new-moms/>

<https://www.aplaceformom.com/blog/2013-3-15-easy-recipes-for-senior-nutrition/>