



Meal Planning Tips

Experts are recommending that families keep a two-week supply of non-perishable food in case of emergencies. Meal planning is a helpful strategy for food availability during this time.

What is meal planning?

“Meal planning is the way you organize yourself to cook a meal, whether that’s breakfast, lunch, or dinner. It is the plan you make before you shop. Some people plan a month in advance, freezing neatly-labeled packets of soup and stew. Others wing it, shopping for that evening’s meal at the farmers’ market and picking up whatever looks good to them. Meal planning is a really personal thing. What works for you may not work for others” (Durand, 2019). The goal is to find a process that is both enjoyable, effective, money-saving and useful for keeping your ohana inside and supplied during this time.

Examples of foods to keep on hand:

Canned Goods

- Tomatoes, beans, and soups

Dry Foods

- Pasta, crackers, rice, and protein bars

Frozen Vegetables

- Broccoli, peas, corn, and spinach

Frozen Fruit

- Berries, mango, and pineapple

Frozen Protein

- Fish, shrimp, chicken, pork, and beef

References

- How to Stock Your Kitchen for the Coronavirus Era and Other Emergencies. (2020). Retrieved from <https://www.epicurious.com/expert-advice/how-to-stock-kitchen-for-coronavirus-and-other-emergencies-article>
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For more information contact:
Hallie Cristobal (halliec@hawaii.edu)

Tips For Meal Planning:

Buy Items In Bulk

Buying in bulk provides more servings and can save money over time.

Start with the basics

Purchase items your family already eats frequently, and build on those meals.

Buy shelf-stable foods

To avoid multiple trips to the store during the week, purchase frozen or canned foods and only fresh produce that you will use that week or the next.

Get organized and take inventory

Start a weekly-monthly meal calendar to avoid impulsive purchasing.

Inventory things that you have in the fridge, freezer, and pantry to avoid unnecessary purchases and waste.

Plan for leftovers

Cook portions of meals separately with minimum seasoning to be used for different meals throughout the week.

- Examples: Chicken (chicken noodle soup, chicken enchiladas, chicken stir-fry)

Be strategic about freezing meals

Make double batches of meals to freeze for future use.

- Examples: Stews, soups and casseroles

Set aside time

Set aside an hour after grocery shopping to pre-cut fruits and vegetables for dishes throughout the week.

Turn perishable food into something that can last longer

- Examples: Sauces, Dehydrate.

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