



# Goodness in the Kitchen

## Quick Tips, Clever Practices

You stir up goodness every day by providing healthy meals and snacks to our nation's most vulnerable. Below are some helpful ways to make your time in the kitchen more efficient, so you can focus on adding variety and nutrition.

### For the Kitchen Drawer

Did you know? CACFP funds can be used to purchase equipment that makes meal prep easier. Here are some game-changing tools to consider.



Quickly cut apples, tomatoes and even oranges into consistent wedges with an apple slicer.



A pizza slicer is not just for pizza! Slice cheese, herbs, quesadillas and even sandwiches with ease.

### For When You're in a Pinch

A little creativity can go a long way. You can use ingredients that you already have, or plan ahead for when you've run out, to keep from having to alter your menu.



Need bread crumbs but ran out? Use crushed savory crackers instead.



Fresh herbs sometimes expire before you can use them all. Put extra chopped herbs into an ice cube tray with some olive oil and freeze for later.

### For Getting Kids Involved

Kids can be part of the kitchen crew! Turn mealtimes into moments of learning, independence and a fun time to eat. With some planning and encouragement, you'll be cooking up goodness together in no time.



Add cooled hard-boiled eggs to a sealed plastic container and shake. The shells loosen in seconds for quick, stress-free peeling that the kids can do themselves.



The back of a spoon makes spreading nut butter on crackers or bread simple and safe for kids—no sharp edges, just enjoyment at snack time.