

Before

Much can be accomplished in the way of advanced preparation by dedicating just one block of four to five hours per week to food, which might include shopping, starting a large pot of stock to last the week, putting up a jar of fermented vegetables, making a batch of cookies for school lunches and preparing a large casserole of soup or stew that can last for several meals. Simple, nutritious meals can be prepared very quickly when you lay the groundwork ahead of time. If your present schedule allows no time at all for food preparation, re-examine your priorities.

After



Health Tip
of the Day brought to you by **alive**

Preparation—the key to healthy eating

Stay ahead of the game and set aside four to five hours per week for food preparation. Make a large pot of soup to last the week. Make a batch of cookies for school lunches and prepare a large casserole or stew that can last for several meals. Simple, nutritious meals can be prepared very quickly when you lay the groundwork ahead of time.