

## *Yogini's Favorite Kitchen Tips*

1. **Make more than one serving at a time.** Even if you're home alone and thinking, "I'll just make a salad for myself!" ~ great, make two and put one in the fridge for later.
2. **Buy fridge-table-microwave cook/serve ware.** Simple containers that can be microwaved make packing a meal to-go much easier. Even if you eat at home, you only have to worry about one dish!
3. **Set aside one day** in the week when you'll spend an hour or two prep-cooking (or actually cooking) the majority of your meals for the week. Chop onions and other veggies and keep them in the fridge for the week. Make Friday or Saturday night your stir-fry night and throw whatever is left into the mix.
4. **Keep things separated** into different drawers or containers that are easy to scan quickly. I recommend:
  1. A snack drawer full of easy-to-grab takeaway snacks, like granola bars, apple sauce packets, fruit leather, nuts and seeds, and individually packaged things (you can package them yourself!).
  2. A drawer for tea, coffee, drink mixes, sweeteners and other beverages. If you drink prepackaged juices or sodas, this would be a good place for them to live outside of the refrigerator.
  3. A drawer full of crackers, chips, pretzels, baked items or other things that are good to have at home and perhaps less pricey than the individually packaged things.
  4. A space for baking items that you're not likely to use every day or need quick access to. Even if they are on a shelf, if they are placed inside of a basket or box on the shelf, they make baking easier when they are all together.
  5. A space for unrefrigerated vinegars, oils, and other condiments like hot sauce and soy sauce.
  6. The pantry should be the area that is most difficult to get to, and can even be in another room. Use it for canned goods and unopened shelf-stable goods that don't need to live in the kitchen and make life in the cabinets more difficult.
5. **BYO containers to the store.** I use reusable Ziploc brand nesting containers in a couple of different sizes (that use the same size lid).
  1. Before heading to the store, put a piece of masking tape on the top of each lid and bring a sharpie.
  2. Before loading, ask one of the checkout clerks to "tare" the container (this measures the pre-filled weight, which they will then deduct from the price of the food).
  3. Load the containers at the bulk bins, label, and you won't have to take the garbage or recycling out as much either!