

09

September

2025

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EFR EMPLOYEE & FAMILY RESOURCES

Prep Work

One of the best ways to ensure you are on track with your nutrition goals is to be prepared! Here are five ways you can set yourself up for success in the kitchen:

- 1. Meal plan.** Have your meals planned for the week so you know ahead of time what you are eating.
- 2. Make a grocery list.** Identify what you need based on your meal plan.
- 3. Wash and cut produce.** After you get fresh fruits and veggies home, get them washed, cut, and ready to eat.
- 4. Pack Lunch.** Have lunches for adults and kids prepared and packed the night before.
- 5. Snack wisely.** Keep healthy snacks in your office, car, or purse/bag for when hunger strikes.

