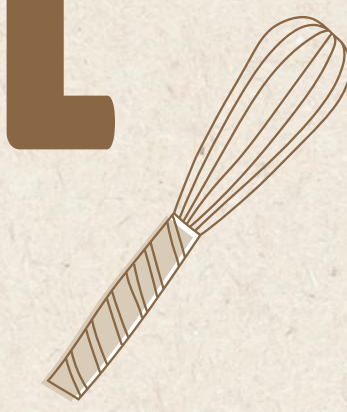




# HEALTHY BATCH COOKING/ MEAL PREP



Presented by Kobi Rowland and  
Lourdes Concepcion Calderon





# INTERNS



Kobi Rowland B.S



Lourdes Concepcion  
Calderon M.S



# What is Batch Cooking?

Preparing large quantities of meals for future use

- Prepping portioned meals
- Large batch to eat throughout the week
- Ingredient prepping
- Creating freezer meals





# BENEFITS

- Saves time and money
- Nutritious foods on hand
- Balanced Plate
- Reduces stress
- Reduces decision fatigue
- Reduce Food Waste
- Help limit eating out
- Customizable and flexible





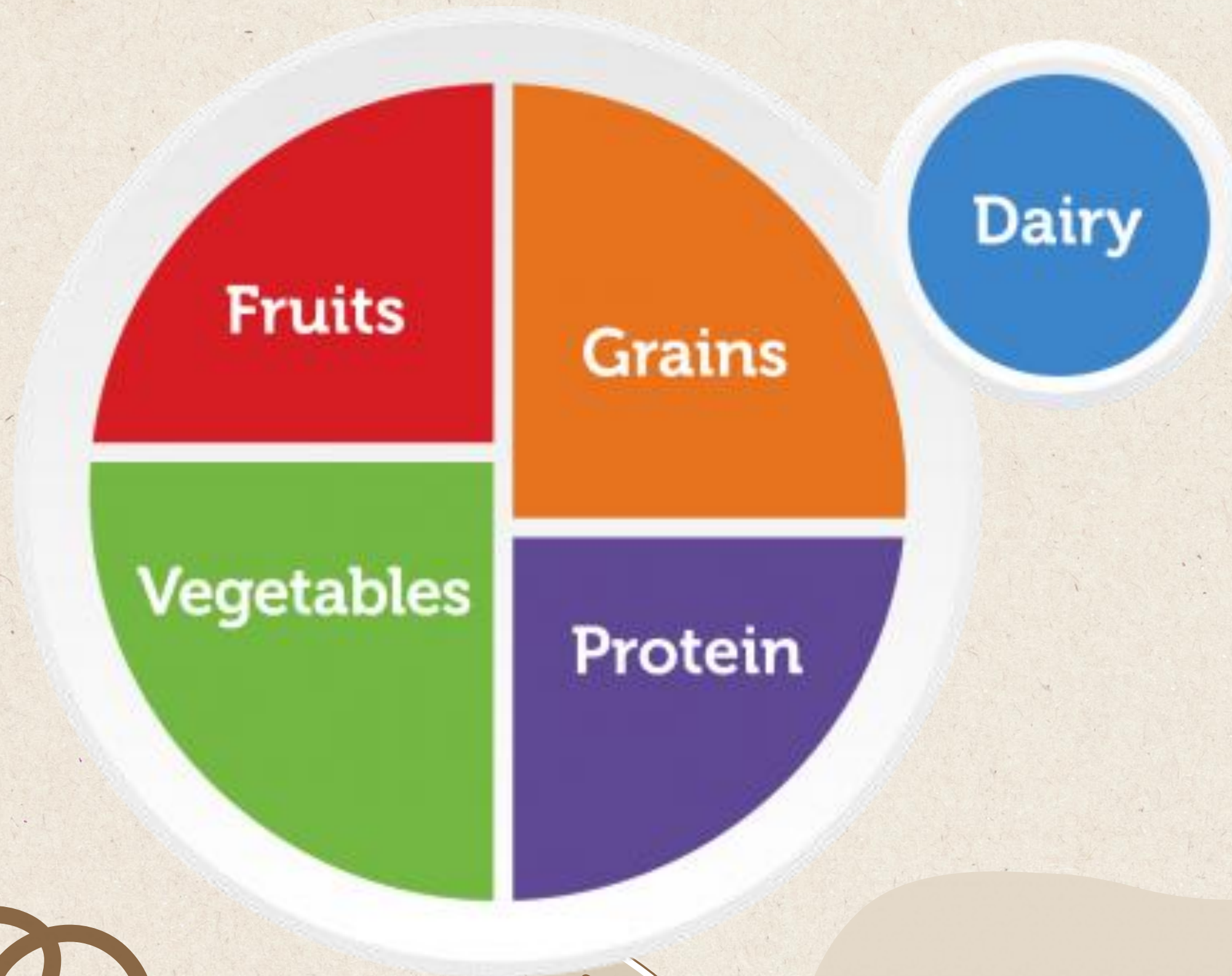
# CHALLENGES

- Time investment to plan
- Lack of ideas
- Repetitive/Boring
- Cooking can take time
- Cost of storage materials
- Maintaining food safety
- Requires cooking skills
- Food safety



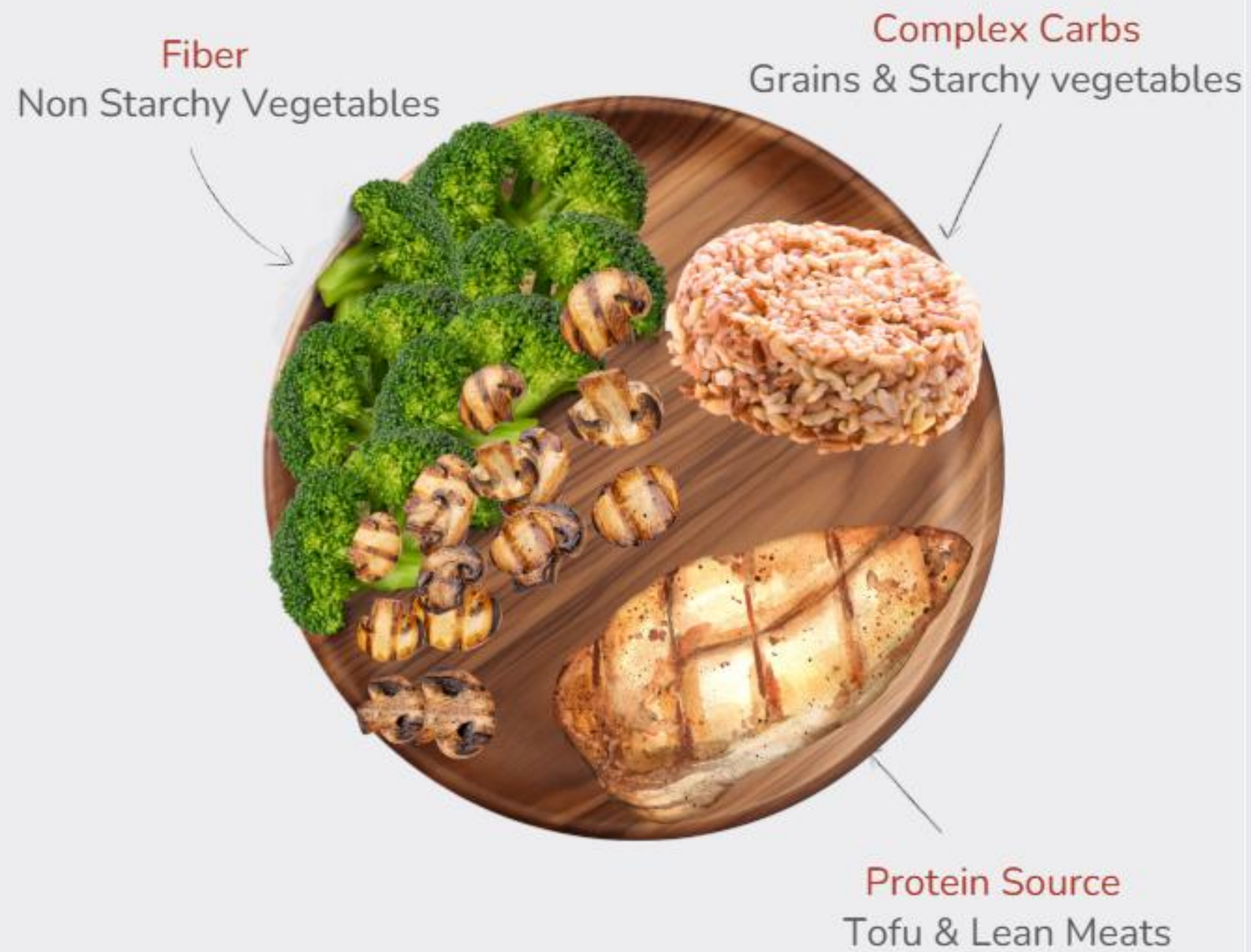


# BALANCED PLATE





# SAMPLE PLATE





# MEAL HACKS

- Frozen veggies/fruits
- Frozen grains
- Marinating
- Pre cut fruit/veggies
- Homemade sauces/dressings
- Pre cooked/ instant grains/starches





The background is a light beige, textured surface. It features several decorative elements: a brown swirl in the top right, a brown swirl in the bottom left, a brown swirl in the bottom center, and a brown swirl in the top left. There are also four line drawings of kitchen tools: a whisk in the bottom left, a spatula in the top left, a whisk in the bottom right, and a spatula in the top right.

# KITCHEN TOOLS

- Baking sheets
- Blender/ food processor
- Pots, saute pans, chefs knife, spatula, etc.
- Storage containers (Refrigerator, Freezer and Microwave safe)
- Cutting boards (Separate cutting boards for meats and produce)




# FOOD SAFETY

## 4 STEPS TO FOOD SAFETY



  
CLEAN



  
SEPARATE



  
COOK



  
CHILL







# REFERENCES

- <https://www.eatright.org/food/planning/smart-shopping/3-strategies-for-successful-meal-planning>
  - <https://www.eatright.org/food/home-food-safety/safe-cooking-and-prep/cook-once-eat-safely-throughout-the-week>
  - <https://health.clevelandclinic.org/a-beginners-guide-to-healthy-meal-prep>
  - <https://kitchenfiftyseven.com/are-meal-preps-worth-it/>
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# RESOURCES

- <https://frommybowl.com/>
  - <https://www.myplate.gov/>
  - <https://stressbaking.com/>
  - <https://allnutritious.com/>
  - [https://www.bushbeans.com/en\\_US/bean-recipes?gclid=00f5d6b6777d1e559ffebe3d0ed11bfa&gclsrc=3p.ds&](https://www.bushbeans.com/en_US/bean-recipes?gclid=00f5d6b6777d1e559ffebe3d0ed11bfa&gclsrc=3p.ds&)
  - <https://plantbasedrdblog.com/>
  - <https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label>
  - <https://www.delish.com/cooking/recipe-ideas/a28929331/chia-pudding-recipe/>
  - <https://www.jewelosco.com/recipes>
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**THANK  
YOU**

