

HOW TO BE ORGANIZED WHEN COOKING

*to save more time and energy,
becoming more efficient*

1. Have the trashcan nearby so things that need to be thrown out do not sit around the countertop and get thrown out quickly.

2. Get all ingredients ready on one countertop area so you can grab them quickly in the process of preparing the food.

3. Have the process ready in your mind - what to put first, what second, what third - so you can know in advance what ingredients you might be missing.

4. Make sure you have a timer to use.

5. Warm up the oven (preheat) if it's going to be used at all.

6. Wash the dishes as you go instead of throwing them in the sink to create a pile that has to be washed after the meal.

7. Plan in advance what you are preparing to defrost foods.

8. Don't hesitate to get help from people who live with you - children, spouse, grandparents, and others!