

**“There are lots of time-saving tricks you can use in the kitchen.”**



**Graciela F.**

Working mom  
Three kids, ages 9,  
15, and 16

### **More is Better**

When not rushed, cook two meals and save on clean-up time!

### **Do Some Tasks the Day Before**

Wash and cut vegetables or make a fruit salad. Cook lean ground beef or turkey for burritos or chili. Store everything in the fridge until ready to use.

### **Family Time**

Kids like to try foods they help make. Give them small jobs to do. Together you get things done faster. Older kids can help chop, slice, and measure. Younger kids can tear lettuce or stir the ingredients that are not hot.



For more mom-tested tips and recipes, visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net)

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