Mealtime Inspirations

Quick Tips 2016

Helpful Tips

Quick Tips for Your Life

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Mealtime Inspirations: Quick Tips for Your Life!

Health
- Mark the side of your water bottle by hours so you can stay hydrated throughout the day.
- Spend some time a couple of times a week to prepare healthy, pre-portioned meals in containers for the next few days. When you are hungry, you’ll have several healthy, tasty options to choose from.

Reminders
- Keep a paper or white-board on the outside of your refrigerator to write down needed items as you run low. Bring the list with you or take a photograph of it with your phone.
- Take a photo of the inside of your refrigerator, freezer, and pantry before shopping. You will be able to check if you are not sure if you have an item or not.
- Take a photo of where you parked (row number, etc.), especially if you will be gone for a while.
- When a friend borrows a tool, book, or something else, snap a photo of them holding it so you’ll remember where it went.

Clothes—Most People wear 20% of their clothes 80% of the time!
- Re-hang or sort your clothes as soon as you take them off.
- Stack your clothes vertically in a drawer so you can see them all.
- Every time you buy something new, let something old go. For example, if you buy a new T-shirt, an old T-shirt gets tossed or donated. This will help keep your closets and drawers from getting crowded.
- Use hangers to determine clothes usage. When you seasonally change your clothing, place all your hangers in the closet hanging in one direction. After you wear an item and hang it back in the closet, place the hanger in the opposite direction. At the end of the season any hangers still hanging in the original direction indicates clothing that was not worn and therefore, should be donated, tossed, or repaired.
- Bring hung, wrinkled clothes into the bathroom while you shower. The steam will help remove the wrinkles.
- Wash a load of clothes every day.
- And remember, most people only wear 20% of their clothes 80% of the time.

Cooking
- Create a meal plan or menu and stick with it. Reuse menus.
- Make a double batch of cookies. Bake part and make cookie balls with the rest of the dough. Flash freeze the cookie balls on a cookie sheet, then store the cookie balls in a freezer bag. Bake as many or as few cookies as you’d like. Bake a few minutes longer than fresh cookie dough.
- Cook a large amount of hamburger. Spread onto a cookie sheet and flash freeze. Store frozen ground beef crumbles in a freezer bag. It will be easy to take out a small amount from the bag. Can also do with chicken pieces, meatballs, etc.
- Put a wooden spoon across a boiling pot of water to keep it from boiling over.
- Add 1 teaspoon of baking soda to water before boiling eggs. It will help the shell come off more easily.
Kitchen
Refrigerator
• Store leftovers together on a specific drawer or shelf.
• Square- or rectangle-shaped containers take up less space and stack efficiently.
• Use clear storage containers to easily see what’s inside them.
• Label containers with an Expo-type marker. Blue painter’s tape can also be used. It is easy to write on and stays on containers well, but doesn’t leave a sticky residue when you take it off.
• Keep a paper or white-board on the outside of your refrigerator to write down needed items as you run low.

Dishwasher
• Put in large items first then fill in with smaller items.
• Place plates on the bottom rack facing inward toward the spray arms. Put large plates behind small ones so the spray reaches all of them.
• Sort utensils by type: forks with forks, knives with knives, etc. with handles facing down to make unloading a breeze. Spoons can “spoon” together so some could be placed handle up.
• Scrape rather than rinse plates, especially if washing at least one load per day.
• Unload bottom rack first. If a piece on the upper rack has a pool of water, it will spill onto an empty bottom rack.

Cleaning the Kitchen
• Fill sink with hot, soapy water. Wash dishes and/or load the dishwasher as you cook.
• Wipe counters as you go.
• Fill blender with water and a couple drops of dish soap. Blend for a few seconds, then rinse.
• Heat a microwave-safe dish filled with water and dishwashing liquid into the microwave for one minute. Wipe out microwave with a wet sponge or cloth.
• Clean irregular shaped bottles by putting a little raw rice, water and dishwashing soap in the bottle. Cover the top and shake.

Other Quick Home Tips
• Hang your keys, preferably by the door, as soon as you enter the house. Then you won’t be like average people who spend 6 minutes looking for their keys in the morning!
• Make your bed every day as soon as you crawl out of it.
• Use a lint roller to remove dust from lamps.
• Use canned air to remove dust from inaccessible places.
• Use a dustpan to pick up small toys like Legos.
• Put a nylon stocking over the end of a vacuum then run the vacuum to find tiny items like earrings.
• Throw an old pillowcase around fan blades and wipe from within. It will keep all the dust inside.
• Clean a shower head by pouring distilled white vinegar in a plastic bag and fitting it over the shower head. Secure with a rubber band. Let it soak for an hour, then remove the bag and wipe away with a cloth or paper towel.
Cleaning you can do in 10 minutes or less

- Clean living room or family room
  - Straighten.
  - Put things that don’t belong in that room in a basket at the entrance.
  - Fluff pillows and straighten throws.
  - Clear tabletops and other horizontal spaces.
  - If time, vacuum and/or dust.
  - Return items in the basket to their proper location.

- Clean bathroom
  - Flush toilet, put vinegar or other cleaner in the bowl and swish.
  - Wipe down counters and fixtures.
  - Straighten towels or put out clean ones.
  - Sweep floor.
  - Empty trash.
  - Refill toilet paper dispenser.
  - If time, mop floor.

- Clean bedroom
  - Make bed, fluff pillows and shams.
  - Pick up all clothes, take to closet or hamper.
  - Straighten books or other things on night stands or dressers.
  - If time, vacuum and/or dust.

- Dining Room
  - Clear table.
  - Wipe the table.
  - Sweep or vacuum floor.
  - If time, mop floor

Other Things you can do in 10 minutes or less

- Take a power walk.
- Take a power nap.
- Make and eat a healthy snack.
- Delete email.
- Pay a few bills.
- Weed out 10 file folders—*because 80% of things you file you never look at again!*
- Clean out a junk drawer.
- Clean out a cabinet, shelf, or a cluttered surface.
- Make a donation bag.
- Call a friend.

Things you can do in 2 minutes

- Run in place, do calisthenics or other quick exercises.
- Sort your mail.
- Make an appointment—hair cut, doctor, lunch with a friend, etc.
- Unload the dishwasher or the dish drainer.
- Take dirty clothes baskets to laundry room.
- Return a few items to their proper location.

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