



Toolbox Talks

Meal Prepping

Meal prepping is prepping your meals ahead of time so your food is ready to eat whenever you are. Pick a day, usually Saturday or Sunday to prep enough food to get you through the upcoming week.

1. **Having the right tools can be pretty helpful.** Gear up with a large sheet pan to roast veggies, proteins, or full sheet pan meals. ! big stockpot is handy for one pot meals like soups, stews, curry, or chili. Glass storage containers with sturdy lids work best for storing prepped food. Small "ip top bags are also great for portioning out snacks like nuts or sliced veggies.