

kitchen time savers

Multiple Sclerosis

Follow the suggested tips to cut back on time spent cooking and make less work for you. Less time spent in the kitchen saves you energy and gives you more time to do the things you love.

Organize your kitchen.

Keep frequently used items, such as cutting boards, spices, and oils near your kitchen work space. This will save time from having to search for them later.

Clean your work space.

Before beginning to cook, clean your counters of clutter or food scraps. A clutter-free counter gives you more space to work, and a food-free space keeps unwanted germs at bay.

Chop, chop, chop.

If you're feeling up to it, try prepping more than what you need for a single meal. Keep extra vegetables or fruit in sealed containers in the fridge and add to meals later in the week.

Before cooking, grab all the essentials.

Read a recipe once over before starting to cook. Then, grab all the ingredients and kitchen tools you need. Having everything ready to go will help streamline the process.

Double your recipe.

Next time you're preparing a stew or casserole dish, make extra. Freeze the extra meals in individual portions and enjoy on a day when energy isn't high or cooking is a low priority.

Keep a trash bowl by your work station.

Toss extra scraps into a plastic bag or a bowl to save trips to the trash can.