



Tips & Tricks

FOR TASTY AND PRACTICAL LUNCHES

IGA

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REINVENT THE SANDWICH

- Vary the bread, proteins, garnishes, and condiments that you use
- Turn your sandwiches into skewers
- Make sushi-inspired sandwiches

GENEVIÈVE O'GLEMAN'S TRICK FOR REINVENTING THE MAIN DISH SOUP

Sprinkle concentrated seasoning on the bottom of a Mason jar, finely cut all of your ingredients, and layer them on top of the seasoning. Add boiling water when the soup is ready to serve.



@ Genevieve O'Gleman



TIME-SAVING TIPS

- While preparing dinner, cut up a few extra vegetables to use as snacks.
- Cook a bigger batch of protein than you need and store extras in reusable containers.
- Adopt the assembly line technique when packing lunches.
- Keep a list of missing ingredients on your phone, that way you'll be ready when you go to the grocery store.
- Make 2-in-1 recipes—use last night's leftovers to create a completely different dish the next day.
- Dedicate a corner of your fridge and pantry to items reserved exclusively for lunches.



TIPS FOR REDUCING WASTE

- Use cloth or silicone bags.
- Pour soup into isolated containers (think Thermos).
- Put together your own reusable set of cutlery to pack with your lunch.
- Pack a cloth napkin in each lunch box.
- Use a reusable water bottle for beverages.
- Make your own snacks.
- Change up lunch contents every few months by using in-season ingredients.
- To avoid waste, eat perishables first (yogurt, cheese, berries, cut fruit, eggs, etc.). If you're no longer hungry, you can always keep whole fruit and granola bars for the next day.



YOUR KITCHEN BFFS

- Flyers—flip through them to find inspiration on what to make for your weekly meals.
- Your slow cooker—fewer dishes to wash!
- IGA's online grocery service for when your days are just too hectic.
- Your freezer—freeze raw ingredients, or your already cooked meats and meals.
- Canned legumes and frozen fruits and vegetables—they're a real time saver!