



ALLEVIATE

Webinar Series

September

FOOD PREP

Sep24th, 7pm

Watch the video again!

<https://youtu.be/rsApAJ3YT7s>

Resources for Our Webinar Today:

Grocery Shopping Apps:

PCexpress.com
inabuggy.com
instacart.com
shop.saveonfoods.com
sunterramarket.com

Pantry Apps:

- iPantry
- NoWaste
- Pantry Photo

Recipe Apps:

- Epicurious
- Plan to Eat
- Food Companion

Organic boxes:

www.theorganicbox.ca
www.spud.ca/calgary-organic-grocery-delivery.html

My lovely Community Supported Agriculture farm:

www.bluemountainbiodynamicfarms.com

Cookbooks:

Short Stack Cookbook, by Nick Fauchald and Kaitlyn Goalen
Salad in a Jar: 68 Recipes for Salads and Dressings, A. Helm Baxter
Slow Cooker Cookbooks: <https://foodfornet.com/18-best-slow-cooker-cookbooks-reviewed/>
The Complete Make-Ahead Cookbook, America's Test Kitchen
Suggested by a webinar participant: Culinary Artistry, A. Dornenburg K. Page

Inventory Sheets for Freezer - there are a ton on pinterest - <https://www.pinterest.ca/pin/111886371972257797/?lp=true> is the one I showed.

Avery Kitchen Labels (reusable) 2102

How to cook the perfect chicken breast in advance: <https://www.thekitchn.com/how-to-cook-moist-tender-chicken-breasts-every-time-cooking-lessons-from-the-kitchn-36891>

Mason Jar Salads:

Begin with dressings, then the thick or hard veggies, like cabbages, carrots, or tomatoes, then the softer veggies and beans, and always end with the greens.