

TIPS & TRICKS

On this page, you'll find some great tips and tricks to keep your farmer happy with a great meal!

Plan ahead!

Use a meal planner to eliminate the risk of last-minute scrambling in the kitchen when finding the perfect meal to send out to the field.

Things to remember when packing a nutritious, delicious meal:

Protein + Veggie + Fruit + Carb + Treat for easy combinations

Pack Smart!

For softer things like muffins, bread, or more delicate items, try to pack them in containers rather than plastic baggies to prevent them from getting squished.

For the cold meals:

Place food in takeout containers (if the cold meal will be in the container for a while before consumption, place the container in the fridge or freezer first to ensure it is cold as well when packing).

Instead of using ice packs that get forgotten about, place frozen water bottles or juice boxes in lunch pails that can be consumed later.

Use a thermos that can be chilled before filling.

Foods like sandwiches, muffins, fruit, yogurt, etc. can be frozen before placing in the lunch to ensure it will be cold long enough before it is consumed.

For the hot meals:

Use insulated (tinfoil works great) takeout containers to pack warm meals in.

When packing warm meals, wrap as much as you can in tinfoil before packing in containers. Using towels to then wrap around the container, pan, or pot that the food is being transferred in will ensure it stays as warm as possible.

If using a thermos (which always works best at keeping your lunch or dinner warm for lengthy periods of time), remember to preheat by filling it with boiled water for a few minutes before draining and packing food in it.

You can also preheat serving plates or bowls in the oven or warming drawer to prevent them from taking heat away from the meal before you serve it.

If you're thinking about using plastic containers, glass keeps things warmer than plastic.

When the meal will be consumed right at drop-off, leaving everything in the pans or pots it was cooked in and serving it off the tailgate or from the car ensures a nice, ready-to-serve hot meal.

Filling water bottles with hot water is another option to make a heating pack.

Extra tips & tricks for keeping meals at their best!

When serving anything that includes a bun, toast it to prevent it from getting soggy.

With any meal being made, double or add more to the recipe so it can be turned into something else the next day. Also, with pasta, casseroles, or lasagna, make two or three and freeze the rest for an easier meal later.

Anything that can be placed in a cup makes for easy consumption and will nicely fit in the cup holder.

ENJOY YOUR FIELD MEALS!