

Top 5 Benefits of OAMC



More Time Saved

Cooking in bulk streamlines the process, allowing you to get more done in one day than you would over the course of the month.

More Money Saved

Utilizing a meal plan and a grocery list are the two most consistent ways to save on food costs. Next in line is purchasing in bulk.

More Home-cooked Meals

You control the ingredients, prepare them with care, avoid unhealthy processed foods and *still* maintain your sanity at 5 p.m. each day.

More Options

Have meals on hand for family emergencies (yours and others.)

More Enjoyment

Relieve the stress of cooking so that you can enjoy the most important aspect of the meal: community.

Pro Tips for Your First Cooking Day

ALWAYS grocery shop and complete chopping the day before cooking day.

Read ALL recipe cards and instructions through before you get started.

DO USE a slow cooker overnight to pre-cook ground beef and chicken.

Comfy shoes are a MUST!

DO plan EASY meals and snacks to keep your energy up through the day.

DO NOT cook dinner for that evening. You are allowed to order take out.

PLAN AHEAD for childcare or prepare an independent activity for older kids.

Start with a CLEAN kitchen, especially the freezer!

BORROW extra appliances (i.e. slow cookers), folding tables, or kitchen tools (i.e. measuring cups, prep bowls, sharp knives) as needed. Or check thrift stores and yard sales to build your own stash.



Make it a Meal with Simple Sides

The following simple sides can be found in menu builder and added to menus using Swappable, or they can be completed on serving day to round out your meals.

Starch: white rice, brown rice, mashed potatoes, corn, pasta and marinara, and creamy mashed potatoes

Vegetables: peas, broccoli, carrots, green beans, cauliflower, brussel sprouts, and zucchini and summer squash

Bread: Braided Challah Bread, Artisan Bread, Homemade Flour Tortillas (look for these recipes in the OAMM recipe archive)

For some fancier side dishes, check out our Side Dish Mini Menus at www.onceamonthmeals.com/menus/mini OR search for side dishes under Meal Type at www.onceamonthmeals.com/recipes

