

TIPS FOR FUELING ON-THE-GO



1 LEARN TO COOK ANYWHERE

Begin with the basics:



MINI FRIDGE



BLENDER



MICROWAVE OVEN



TOASTER OVEN

2 START SIMPLE

Visit idahopotato.com or <https://www.potatogoodness.com/performance/> for easy recipes to guide your on the-go-cooking.

3 PRACTICE AND KEEP AN OPEN MIND

Fueling independently should be fun and becomes easier with practice! Try these ideas :



SNACK MIX

Combine dried fruits, nuts, seeds, dark chocolate, granola, cereals and potato-based snack foods (e.g. crispy potato shreds) in a plastic lunch baggy.



EGGS & POTATOES

How do you like your eggs? Scrambled, over easy, hard boiled? Fresh or frozen potatoes in all forms pair perfectly with all types of eggs and is an easy dish to practice.



TOAST WITH A TWIST

Top toast, including potato toast (just thinly slice potatoes and place in toaster oven at 400°F for 25 minutes), with hummus, avocado, tomatoes and crumbled cheese.

4 PRE-PREPARED SAVES TIME AND ENERGY

Use these time and energy-saving fueling staples:



PRE-SEASONED
MICROWAVABLE
POTATOES



FROZEN,
PRE-DICED
POTATOES



DEHYDRATED
POTATO
FLAKES

5 CULINARY SKILLS ARE LIFE SKILLS

Learn the importance of gaining culinary skills to promote lifelong health habits.