

**WARREN COUNTY HEALTH
DISTRICT**

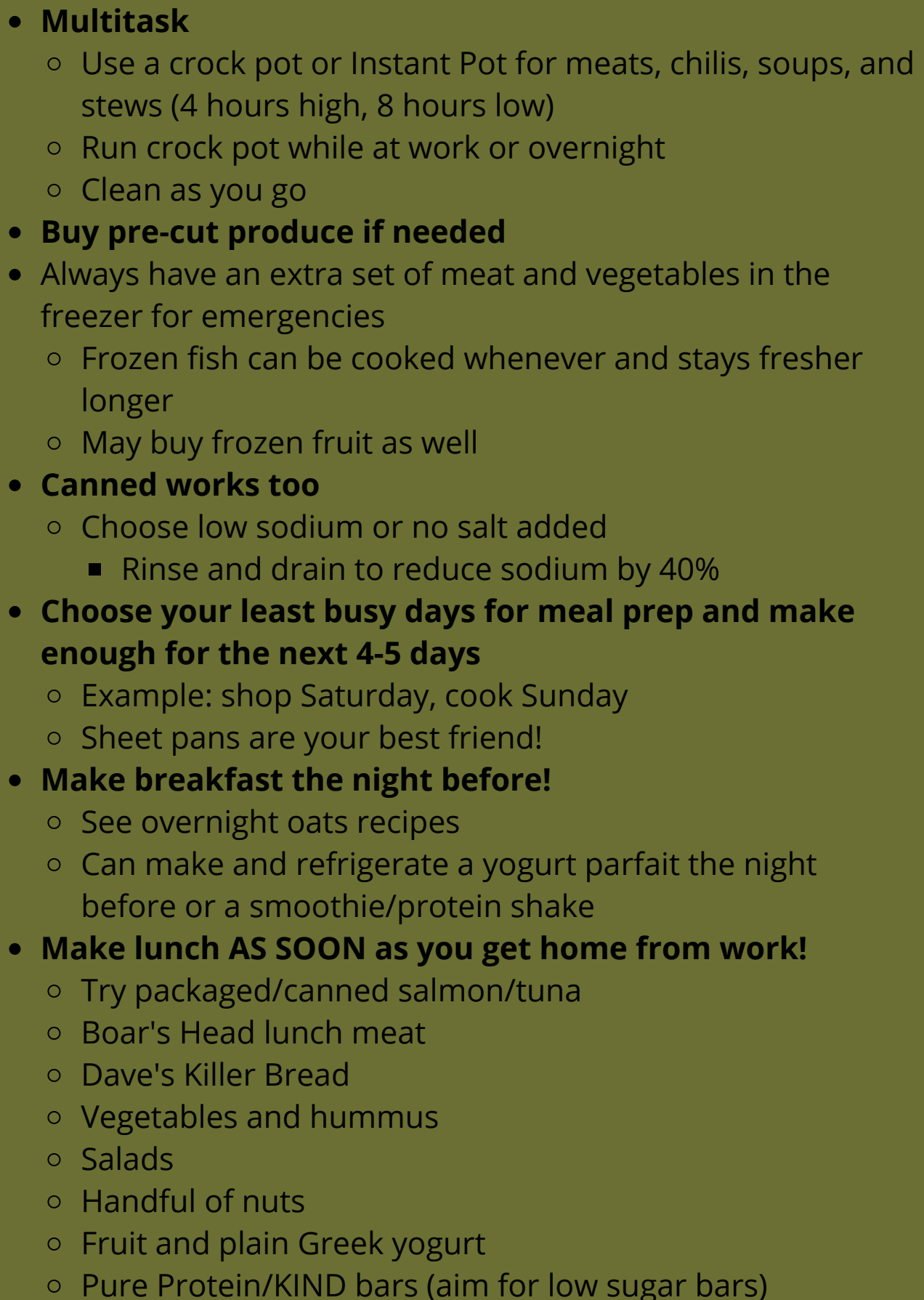
SUCCESSFUL MEAL PREP

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**Warren County
Health District**



Public Health
Prevent. Promote. Protect.

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- **Multitask**
 - Use a crock pot or Instant Pot for meats, chilis, soups, and stews (4 hours high, 8 hours low)
 - Run crock pot while at work or overnight
 - Clean as you go
 - **Buy pre-cut produce if needed**
 - Always have an extra set of meat and vegetables in the freezer for emergencies
 - Frozen fish can be cooked whenever and stays fresher longer
 - May buy frozen fruit as well
 - **Canned works too**
 - Choose low sodium or no salt added
 - Rinse and drain to reduce sodium by 40%
 - **Choose your least busy days for meal prep and make enough for the next 4-5 days**
 - Example: shop Saturday, cook Sunday
 - Sheet pans are your best friend!
 - **Make breakfast the night before!**
 - See overnight oats recipes
 - Can make and refrigerate a yogurt parfait the night before or a smoothie/protein shake
 - **Make lunch AS SOON as you get home from work!**
 - Try packaged/canned salmon/tuna
 - Boar's Head lunch meat
 - Dave's Killer Bread
 - Vegetables and hummus
 - Salads
 - Handful of nuts
 - Fruit and plain Greek yogurt
 - Pure Protein/KIND bars (aim for low sugar bars)



Boar's Head
Compromise elsewhere.

All of our products are made with exceptional care and attention to quality.

Since 1905, Boar's Head has been a family business. In the beginning we had a very simple idea. Make the finest cold cuts possible. Nothing less.

We still insist on the same unwavering commitment to those standards we established long ago. Our meats and cheeses contain no gluten*, artificial colors or flavors, added MSG, fillers or by-products, or trans fat†.

To this day, we start with exceptional ingredients: whole muscle beef, pork and poultry, hand cut and hand trimmed, as well as spices sourced from around the globe. This is how we did it in the beginning and how we continue to make our products today.

Boar's Head is proud to be the brand in which consumers continue to place their trust.

For additional nutritional information, please call
Boar's Head Brand 1-800-352-6277.

* All Boar's Head meats, cheeses, spreads and condiments are gluten free.

† From partially hydrogenated oils.

PILE ON THE FLAVOR, NOT THE SALT



A COMPLETE LINE OF LOWER SODIUM
MEATS AND CHEESES



Boar's  **Head**

Information in the brochure is subject to change without notice.

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BOAR'S HEAD IS PROUD TO OFFER
A COMPLETE LINE OF LOWER SODIUM
MEATS AND CHEESES.

PREMIUM MEATS • 2 OZ (56g) SERVING UNLESS NOTED SODIUM % DV

BEEF

| | | |
|--|--------------------|-----|
| No Salt Added Roast Beef ⁸ | 40mg ³ | 2% |
| Deluxe Low Sodium Roast Beef | 80mg | 3% |
| Simplicity® All Natural* Oven Roasted Beef | 140mg | 6% |
| 33% Lower Sodium Bologna | 360mg ⁶ | 15% |

HAM

| | | |
|--|---------------------|-----|
| 42% Lower Sodium Branded Deluxe Ham -Water Added | 480mg ⁷ | 20% |
| Uncured Ham Steak -27% Lower Sodium | 780mg ¹⁴ | 32% |
| SmokeMaster Beechwood Smoked® Black Forest Ham - With Natural Juices - 31% Lower Sodium | 460mg ¹ | 19% |

TURKEY

| | | |
|---|--------------------|-----|
| 46% Lower Sodium Turkey Breast | 360mg ⁴ | 15% |
| Ovengold® Turkey Breast - 46% Lower Sodium | 360mg ⁴ | 15% |
| Hickory Smoked Black Forest Turkey Breast - 40% Lower Sodium | 390mg ⁸ | 16% |
| No Salt Added Turkey Breast | 55mg ³ | 2% |
| Mesquite Wood Smoked® Turkey Breast - 32% Lower Sodium | 440mg ⁹ | 18% |
| Golden Catering Style Turkey Breast - 43% Lower Sodium | 380mg ⁵ | 16% |

CHICKEN

| | | |
|--|---------------------|-----|
| Golden Classic® Chicken Breast - 42% Lower Sodium | 350mg ¹⁰ | 15% |
|--|---------------------|-----|



*No artificial ingredients, minimally processed.



CONDIMENTS • 1 TSP (5g) SERVING

| | | |
|---------------------------------|--------------------|----|
| 54% Lower Sodium Yellow Mustard | 25mg ¹³ | 1% |
|---------------------------------|--------------------|----|

PREMIUM CHEESES • 1 OZ (28g) SERVING

| | | |
|---|---------------------|-----|
| 44% Lower Sodium Provolone Cheese | 140mg ¹¹ | 6% |
| Lacey Swiss Cheese | 35mg ² | 2% |
| Low Sodium Muenster Cheese | 75mg ² | 3% |
| Imported Switzerland Swiss® Cheese - Product of Switzerland | 60mg ² | 3% |
| 33% Lower Fat & 36% Lower Sodium American Cheese - Reduced Fat Pasteurized Process American Cheese | 300mg ¹² | 13% |

- 31% less sodium than the USDA data for extra lean roasted ham.
- Naturally low in sodium.
- Not a sodium-free food.
- 46% lower sodium than USDA data for deli cut white rotisserie turkey.
- 43% lower sodium than USDA data for deli cut white rotisserie turkey.
- 33% lower sodium than USDA data for bologna.
- 42% lower sodium than USDA data for regular boneless roasted ham.
- 40% lower sodium than USDA data for smoked turkey with lemon pepper flavor.
- 32% lower sodium than USDA data for smoked turkey with lemon pepper flavor.
- 42% lower sodium than USDA data for oven roasted deli sliced chicken breast.
- 44% lower sodium than USDA data for regular provolone cheese.
- 36% less sodium 33% less fat than the USDA data for pasteurized process American cheese.
- 54% lower sodium than data for prepared yellow mustard.
- 27% lower sodium than USDA data for Ham Steak.

DV = Daily Value