

## Emergency Meals & Go-To Snacks

One common problem associated with serving others is that we sometimes run out of time to attend to our own basic health habits. If we want to have a successful and sustainable lifestyle of service, we need to plan for those times when we “have no time!”

This is especially true when it comes to healthy eating, because grocery shopping and meal preparation takes time! To plan ahead for those unforeseen circumstances that throw your healthy eating plans off-kilter, it is a good idea to have some emergency meals in the freezer and some “go to” snacks in the refrigerator or pantry.

### Emergency Meal

**Hearty Hamburger Stew:** <https://www.food.com/recipe/hearty-hamburger-tomato-stew-468493>



This recipe is a standard Emergency Meal that is always in my freezer. It is a simple meal that I can serve when things go awry – for my own family or for another family. It contains basic and inexpensive ingredients that I can easily obtain and that most people like. Add some whole grain bread or throw in some cooked whole grain noodles and you have a complete meal. Feel free to substitute fresh or frozen vegetables in place of canned veggies.

### Go-To Snack

**Macadamia Nut Hummus:** <https://www.healthygffamily.com/recipe/macadamia-nut-hummus-plate/>



This is the snack that is always in my refrigerator and that I bring to every fellowship gathering. It is a healthy fiber-filled snack that keeps well in the refrigerator and can be frozen for future use. The macadamia nuts in this hummus make it special, but if allergies or expense is a concern, leave it out and put in some garlic or roasted red peppers for extra flavor.

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