

# Meal Prep Container Selection

This playbook describes the process of selecting appropriate containers for meal prepping. It aims to ensure food freshness and facilitate portion control.

## Step 1: **Assess Needs**

Evaluate your meal prep requirements, including the number of meals you plan to prep, portion sizes, and the types of food you will store.

## Step 2: **Material Consideration**

Decide on the type of materials you prefer for your containers, such as glass or plastic, considering factors like durability, safety, and maintenance.

## Step 3: **Size & Shape**

Choose containers of sizes and shapes that match your portion sizes and the types of foods you plan to carry, ensuring they fit your bag or fridge.

## Step 4: **Compartmentalize**

Opt for containers with compartments if you want to keep foods separate or if you enjoy a variety of foods in one meal, to prevent mixing of flavors.

## Step 5: **Usability Features**

Look for containers that offer usability features such as microwave safety, dishwasher safety, leak-proof lids, stackability, and ease of opening.

## Step 6: **Purchase**

Buy containers in accordance with your assessed needs, preferred materials, required sizes, compartment preferences, and desired usability features.

## Step 7: **Maintain**

Regularly clean and inspect your containers, replacing any that develop odors, stains, or damage to maintain hygiene and ensure the freshness of your food.

## **General Notes**

### **Sustainability**

Consider environmental impact when selecting materials and opt for reusable and recyclable options where possible.

### **Health Safety**

Ensure that containers are BPA-free and meet food safety standards to avoid any health risks associated with low-quality materials.