



Setting Up Your Home Kitchen for Success

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Cooking at home can support healthier eating habits, save money, and give you more control over your meals. Building confidence in the kitchen starts with simple skills, organization, and preparation. With the right setup and approach, cooking can become easier, more enjoyable, and more efficient.

Keep the tips below in mind to improve your cooking skills and meal preparation:

- **Assess your cooking skills and start where you are**
 - Choose recipes that match your current skill level
 - Your menu should guide your grocery shopping
 - Build your skills and tools gradually over time
- **Practice “mise en place” (everything in its place)**
 - Prepare and organize ingredients before cooking
 - Gather tools and measure ingredients ahead of time
 - Clean as you go to reduce stress and improve efficiency
- **Keep your kitchen organized**
 - Arrange spices by type or frequency of use
 - Store commonly used tools in easy-to-reach areas
 - Maintain a clean and functional workspace
- **Use essential kitchen tools**
 - Chef’s knife for chopping and dicing
 - Serrated knife for bread and soft foods
 - Paring knife for peeling and small tasks
 - A few basic tools can handle most cooking needs
- **Start with simple meals**
 - Choose recipes with 6-8 ingredients
 - Begin with familiar meals (e.g., avocado toast, simple bowls)
 - Read all steps before starting and plan timing
- **Make meal prep easier**
 - Use storage containers to prepare meals ahead of time
 - Prepping meals can save time and support healthier choices
 - Keep ingredients ready to assemble quick meals



An organized kitchen and simple preparation strategies can make cooking easier, more enjoyable, and help you build lasting healthy eating habits.

Presented by

Greg Harlan MD, MPH

Associate Dean for Student Affairs
Pediatrics and Medical Education
Keck School of Medicine of USC



Pablo Blanco

Head Chef & CEO of
Blanco Food Company,
Professional Chef and
Culinary Instructor



To view the recording of this session, visit the EatWell Bites webpage: <https://workwell.usc.edu/events/eatwell-bites/>