

Easy meals between baseball games

Feed everyone, keep it manageable, and get back to the game. These are suggestions to adapt to your family - not a complicated meal plan.

1. Turkey-and-cheese wraps

For four: four tortillas, about 8 oz deli turkey, four cheese slices, and lettuce if you like.

1. Lay out the tortillas. Add turkey, cheese, and lettuce.
2. Roll tightly, cut in half, and pack in separate containers.
3. Refrigerate until you leave. Transport in a cold cooler.

Pack condiment packets separately to keep the wraps from getting soggy.

2. A lunch box you can assemble

For four: crackers, four cheese portions, four pieces of fruit, and sliced cucumber.

1. Divide crackers into four dry containers.
2. Pack the cheese and cucumber separately in the cooler.
3. Add whole fruit and assemble when everyone is ready to eat.

Use amounts that work for your family. Keep perishables chilled.

3. Cold pasta lunch

For four: about 8 oz dry pasta, diced cucumber, diced bell pepper, and a dressing your family likes.

1. Cook the pasta according to its package. Drain and cool promptly.
2. Toss with the vegetables and a little dressing.
3. Refrigerate in shallow individual containers, then pack in a cold cooler.

Add cheese or cooked chicken only if you can keep the meal cold throughout the day.

4. After the late game: bean-and-cheese quesadillas

For four: four large tortillas, one 15 oz can of beans drained and rinsed, and about one cup of shredded cheese.

1. At home, spread beans and cheese over half of each tortilla. Fold.
2. Cook in a skillet over medium heat, turning once, until the cheese melts and both sides are crisp.
3. Serve with salsa and fruit or vegetables you already have.

Keep the ingredients refrigerated as needed until you cook. No need for a second dinner production.

Keep the cooler cold. Keep perishable food at 40°F or below. Discard it after more than two hours without refrigeration, or one hour when it is above 90°F. Pack a food thermometer and plenty of ice or frozen packs. USDA food-safety guidance

For team snacks, confirm allergies and team rules with parents first. Read the full label every time and keep packaging available. No snack here is suitable for every child. FDA label-reading guidance

The easy prep order

- [] Choose one lunch everyone will eat.
- [] Prep and refrigerate the night before.
- [] Pack the cooler just before leaving.
- [] Keep drinks separate if the food cooler will otherwise be opened constantly.
- [] Have one quick dinner ready for when you get home.

Food-safety and label references

USDA FSIS: ask.fsis.usda.gov/article/How-do-I-handle-leftovers-safely

FDA: fda.gov/consumers/consumer-updates/have-food-allergies-read-label