

# Technology to upgrade your home meals

***Technology can be a great thing, especially when it comes to meal prep. These multi-purpose apps and websites can help you create easy meals from items already in your pantry.***

## ***Apps***

### **NoWaste – Food Inventory List**

The [NoWaste](#) app is a life saver when it comes to keeping tabs on your food Inventory. Users can easily track, organize and manage the food in their home. Separate inventory lists can be created for the freezer, refrigerator and pantry. Barcodes and receipts can also be scanned to easily add food to the app.

### **BigOven Recipes and Meal Planner**

While this [app](#) includes a ton of useful features, users mainly rave about the "Use Up Leftovers" feature, which suggests recipes for you based on items already in your pantry.

### **SuperCook**

Users of [SuperCook](#) love the abundance and variety of recipes that it provides. The app also Includes a shopping list feature and a tracker for what is already in your pantry which can make grocery shopping a breeze.

### **Allrecipes Dinner Spinner**

Step-by-step cooking videos are one of the highlights in this [app](#)! Users in certain locations can also take advantage of a feature allowing them to cook with what's on sale at their local grocery store.

### **Epicurious**

If you haven't checked out the [Epicurious](#) app or website, you need to. The app is well organized and includes recipes from around the world. New recipes are added often and fun videos have their own tab for viewing.

### **Mealime**

This [app](#) focuses on creating healthy, easy meal plans for the busy consumer. Users can select dietary restrictions, food dislikes and serving size before the app suggests recipes that the user may like.

### **Meal Hero**

[Meal Hero](#) users tout the ease with which meals can be planned using this app. In certain locations, users can click a few extra times and groceries are delivered to their door!

### **Seasonal and Simple**

Created by University of Missouri Extension, this [app](#) allows users to search for recipes based on what is in season. This app is also unique in that it houses recipes and guidelines for preserving food at home by canning, freezing or drying.

## ***Other Resources for Home Use***

### **Canned Food Alliance**

<https://www.mealtime.org/>

This website is home to all information related to canned foods including the harvesting and canning processes, nutrition information for canned items, recipes and much more.

### **University of Missouri Extension**

#### **Can-Do Recipes**

[These guidesheets](#) are filled with easy recipes using pantry staples. Everything from rice and canned vegetables to canned meat.

#### **Additional information**

For additional information on how these programs can help you in Jackson County, go to our [web-page](#) or contact:

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