

THE HANGOUT HOUSE

Your Teen-Feeding Cheat Sheet

ALWAYS IN THE PANTRY

- Popcorn kernels
- Pancake/waffle mix
- Brownie mix
- Pasta + jarred sauce
- Cereal (the fun ones)
- Pretzels, Goldfish, Cheez-Its
- Chips, salsa, pita chips, hummus
- Peanut butter
- Granola bars, fruit leathers, jerky
- Hawaiian rolls
- Tortillas
- Bread & bagels

ALWAYS IN THE FREEZER

- Frozen pizza
- Kirkland chicken nuggets
- Dino nuggets
- Taquitos & mini tacos
- French fries / tater tots
- Corn dogs
- Mozzarella sticks
- Breakfast sandwiches
- Pita pizzas (for the air fryer)
- Ice cream / popsicles / Otter Pops
- Cookie dough (pre-portioned)
- Costco frozen fried rice

ALWAYS IN THE FRIDGE

- String cheese & yogurt
- Eggs & bacon
- Hot dogs
- Sliced cheese & deli meat
- Apples
- Veggie tray (washed & cut!)
- Fruit tray (washed & cut!)
- Cream cheese
- Hard-boiled eggs
- Hummus

THE DRINK FRIDGE

- Big water bottles
- Costco juice boxes
- Powder mixes (Crystal Light, Liquid IV)
- Frozen lemonade concentrate
- Soda variety
- Sparkling water / flavored seltzer
- Hot chocolate (winter)

13 EASY MAINS YOU CAN MAKE TONIGHT

- Quesadillas (sheet pan style)
- Frozen pizza upgrade
- Tacos / walking tacos
- Hot dogs on the grill
- Hawaiian roll sliders
- Sloppy joes
- Pancakes or waffles for dinner
- Grilled cheese + tomato soup
- Baked potato bar
- Pasta anything
- Meatball subs (crock pot)
- Breakfast for dinner
- Big pot of chili or potato soup

**THEY DON'T NEED
SPECIAL FOODS.
THEY NEED
A SAFE, FUN,
LOVING SPACE.**

EQUIPMENT THAT PAYS FOR ITSELF

- Popcorn popper (Whirley Pop)
- Air fryer (5+ quart)
- Crock pot (6-7 quart)
- Large sheet pans
- Snow cone maker
- Quesadilla maker
- Waffle maker
- Soda syrup setup (Torani + pumps)
- Egg mcmuffin maker

REMEMBER

- Watch for \$5 Friday deals & digital coupons
- Whatever Costco has on sale
- grab extra
- Washed & cut veggies actually get eaten
- It doesn't have to be junk. It just has to be ready.
- The drink fridge is what turns "stopping by" into "staying two hours."

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