

EASTERN OREGON

marketplace

Place classified ads online at www.eastoregonmarketplace.com or call 1-800-962-2819 between 8 a.m. and 5 p.m. Monday through Friday. After hours, leave a voicemail and we'll confirm your ad the next business day. Email us at classifieds@eastoregonian.com or fax: 541-278-2680

Deadline is 3 p.m. the day before publication

East Oregonian

We accept:

211 S.E. Byers Ave.
Pendleton, OR 97801333 E. Main St.
Hermiston, OR 97838See www.eastoregonmarketplace.com for classified ads from all over Eastern Oregon

EAST OREGONIAN • HERMISTON HERALD • BLUE MOUNTAIN EAGLE • WALLOWA COUNTY CHIEFTAIN

Mudgett's Auto Detail
903 SE Court Ave, Pendleton, OR

Call/Text 541-310-1139 or visit us on facebook to schedule!

Spring Specials

Wash & Wax
Cars - \$35
Trucks/SUVs - \$45
XL or Xtreme Vehicles - \$55

Wash - Wax - Vac
Cars - \$45
Trucks/SUVs - \$55
XL or Xtreme Vehicles - \$65

EAST OREGON EVENTS

FIND ALL YOUR LOCAL EVENTS ONLINE

EASTOREGONEVENTS.COM

204 Automobiles

2010 Lincoln MKT
Every bell/whistle available!
Less than 100k miles.
May trade for a boat of equal value.
\$10,000 firm
458-219-1870

502 Real Estate

I am working from home and can help you with your home search. Please call Kerry at 541 377 6855 to help you every step of the way.

305 SW Court Ave Pendleton TURN HERE REALTY & TRAVEL

301 RVs & Travel Trailers

RV Consignments Wanted
Let Smiley RV's 40 Plus years of professional experience help you!

Turn your un-needed late model RV or truck into Cash-paid for or not! No sales fee
800-338-6562
Milton-Freewater, Oregon

305 SW Court Ave Pendleton TURN HERE REALTY & TRAVEL

How Much is your Home Worth? Call Matt Vogler, The Weekend and After Hours Realtor, for a free Market Analysis. 541.377.9470. More Listings needed to meet current buyer demand!

Call Matt Vogler, The Weekend and After Hours Realtor, for a free Market Analysis. 541.377.9470. More Listings needed to meet current buyer demand!

Matt Vogler
John J. Howard & Assoc.
(541) 377-9470

IT WILL SELL IN CLASSIFIEDS!

EMAIL: CLASSIFIEDS@EASTOREGONIAN.COM

Looking for a new place to live? The classified ads offer a complete section of homes, apartments, and mobile homes to fit your needs. Check daily for new listings!

EAST OREGONIAN CLASSIFIEDS

Something for everyone in the Classifieds

BUYER meets seller every day of the week in the classified columns of this newspaper.

ADDING a room to your home? Furnish it with items advertised in the classifieds.

DID YOU KNOW...

38% OF ADULTS say they have overeaten or eaten unhealthy foods in the past month because of stress?

6 TIPS FOR HEALTHY EATING AT HOME:

1. **Resist the temptation to break healthy habits.** Bored or stressed? Take a walk instead!
2. **Prioritize food safety.** Remember to clean food appropriately before eating.
3. **Prepare meals with the family.** A fun way to spend time with loved ones!
4. **Have a plan to tackle boredom and stress eating.**
5. **Plan your meals.** Helps to combat #4!
6. **Reach out if you need food.** There are many local resources to help you through this difficult time.

Working every day to promote a healthy community

GOOD SHEPHERD
HEALTH CARE SYSTEM
Education and Wellness Services 541.667.3509

LINKS ON Facebook Instagram LinkedIn Twitter

IT'S TIME

800-962-2819

Can't come in for an appointment?
Set up a virtual visit with us on the internet through

TELEMEDICINE

EASY TO CONNECT PRIVATE AND SECURE

All you need is a smartphone, computer or tablet with a camera and microphone.

All data is encrypted, your sessions are anonymous, and none of your information is stored.

CALL OUR OFFICE NOW
(509) 735-1100
to set up a stay-at-home appointment at your convenience!

WE ADHERE TO HIPAA, PIPEDA, AND GDPR DATA PRIVACY REQUIREMENTS.

ROBERT B. HOPP, M.D. & ASSOCIATES
CENTER FOR EXCELLENCE IN DERMATOLOGY PLLC

HOME LIVING | FOOD

Start Meal Prepping

While the hustle and bustle of life has temporarily slowed down, there will come a day when the daily demands of life come roaring back full force. Be prepared with a strategy to answer the question: "What's for dinner?"

Have you had trouble finding the time to get healthy meals on the table? Do you want to eat healthier and avoid resorting to fast food when you're in a time crunch? Meal prepping might be the solution for you. It's the practice of preparing a week's worth of meals ahead of time, economizing the use of ingredients, and portioning meals out for use in the coming week.

BudgetBytes.com warns that meal prepping is not for everyone. You will need to eat a lot of leftovers and there can be a lack of variety. "If having control over what you eat, or maximizing your time or budget is more valuable to you than eating something different every single day, meal prepping is your ticket," according to the website.

You can go big or small with meal prepping. Aim to prep only dinner, or breakfast, lunch, dinner and snacks. Here are some tips to get you started.



© ADOBE STOCK

Plan. Like many endeavors, good meal prepping starts with good planning. Make a list of foods you'd like to prep for the week. Check which ingredients you have on hand, and economize your ingredients to save time, even if it means modifying a recipe. (There's no need to cook two different kinds of pasta when one would suffice.)

It's all about the containers. Check through your inventory

of plastic or glass storage containers. Purchase more, if needed. You'll need a lot of containers to keep everything organized in the refrigerator.

Be careful which foods you choose. Not all foods are good for meal prepping. While meat, grains, beans, hearty vegetables, whole fruits, nuts, seeds, cheeses and sauces such as salad dressing are all good options, other foods like lettuce, berries and crunchy

options such as chips or crackers are not. To really make the most of your time on cooking day, opt for pre-prepared ingredients, such as cubed butternut squash, diced onions

Use spices for variation. If you're eating healthy, chicken breast can be a good option for three or four days of the week. Mix things up by using different seasonings for each day.

Cook smart. Your slow cook-

er or pressure cooker is your friend. If the goal is to save time, you can even shorten the amount of time you spend in the kitchen prepping with these time-saving gadgets. Also aim to use your oven space wisely, fitting in as many dishes as you can at once. If you're making a meal that can easily be doubled, such as soup or chili, make a double batch and freeze the rest for future use.