

## Cooking for One or Two: SENIORS

For more information call the Health ACTION Line at 613-345-5685 or 1-800-660-5853 or visit us on the web at: [www.healthunit.org](http://www.healthunit.org)

# Cooking for One or Two

## Making Smaller Amounts of Healthy Foods

When you are making a meal for just one or two people, it may be tempting to skip meals, eat TV dinners, or head to the local drive through. How can you make healthy meals for just one or two people? Start with the basics.....

### Plan for Good Health

Be sure you are getting enough food to meet your nutrition needs. Try to eat the recommended number of servings every day from each of the four food groups in *Canada's Food Guide*. Based on age and gender, this means:

- 7 servings from the **Vegetables and Fruit** group
- 6-7 servings from the **Grain Products** group
- 3 servings from the **Milk and Alternatives** group
- 2-3 servings from the **Meat and Alternatives** group

***There are lots of ways to make meal time fun and easy!***

### Shopping

- Buy small amounts of fresh fruits and vegetables.
- Buy meats and cheese at the deli counter in small amounts.
- Stock an emergency food shelf with non-perishable foods. For example, skim milk powder, canned vegetables and fruit, canned meat and fish, pasta, rice, and canned juices. If, for some reason, you cannot get to a grocery store, you always have something on hand to make a quick meal.

### Storage

- Make larger meals and freeze left-overs in individual portions. For example, lasagna, soups, casseroles, and meatloaf can be frozen after they are cooked.
- Keep a supply of frozen vegetables in the freezer so you will always have some on hand.
- Keep bread, dinner rolls, and muffins in the freezer when you have more than you will use in a couple of days.
- Grate cheese and freeze it to use when you need it.
- Milk can be frozen for up to 6 weeks in small, well-sealed containers. Shake it after it is thawed out.
- If you freeze leftovers, store them in shallow containers and mark the date it was frozen. Use within 2 months of freezing to get the best quality.

Continued on reverse...

# Cooking Tips

- One-dish meals are easy to prepare. Use a fry pan to brown some meat, add some vegetables and serve over rice. Season with herbs or a sauce of your choice.
- Pack variety into one dish. Use some cooked meat, vegetables, cheese and wrap in a soft taco shell or a pita pocket.
- Cook large meals on weekends when you may have more time. Freeze in smaller portions so you have meals for the whole week.
- Start a cooking club. Invite a couple of friends over and each of you can cook something different in large batches. When you are done, you can divide up the food and each of you has a variety to take home for later.
- Use leftover vegetables and meat to make a different dish such as hash, omelets, or stir-fry or sandwiches.
- For easy to prepare salads, wash, cut, and dry salad greens. Store them in a food saver for three or four days. When you want a salad, put a handful of greens in a bowl and add your favourite vegetable and cheese toppings. Add a chopped boiled egg and some whole grain bread, and you have a complete meal.

## Measures to help you Convert Recipes

1 cup	16 tbsp.
½ cup	8 tbsp.
1/3 cup	5 tbsp. + 1 tsp.
¼ cup	4 tbsp.
1/8 cup	2 tbsp.
1 tbsp	3 tsp.

Amount of ingredients in a 4-serving Recipe	Amount to be used for 2 Servings
¼ tsp.	1/8 tsp. or a pinch
1 tbsp.	1 ½ tsp.
3 tbsp.	1 tbsp. + 1 ½ tsp.
¼ cup	2 tbsp.
1/3 cup	1 tbsp. + 1 ½ tsp.
2/3 cup	1/3 cup
¾ cup	6 tbsp.

*Adapted from Common Sense Nutrition for Seniors, Ontario Ministry of Agriculture, Food and Rural Affairs, 1996.*

Find it hard to sit and eat three large meals each day? Try eating smaller meals with healthy snacks in between throughout the day.



Almonte .....	613-256-1203
Brockville .....	613-345-5685
Gananoque .....	613-382-4231
Kemptville .....	613-258-5941
Smiths Falls .....	613-283-2740

For more information call 1-800-660-5853 or visit us on the web at [www.healthunit.org](http://www.healthunit.org)