

# Cooking for One or Two

## Here are some ways to make it easier.

Cooking for one or two people can be difficult.

### Plan ahead

- Decide what you're going to eat for the next few days or week.
- Use your meal plan to make a shopping list.
- Put your shopping list on the fridge or some place easy to see. Add foods to your list as you think of them.

### Make meals to eat later

- Keep an extra meal in the fridge.
- Freeze what you don't eat in small containers or freezer bags.
- Cook lots and freeze smaller amounts. Some meals that freeze well are stews, casseroles, curries, spaghetti sauce, Swiss steak, cabbage rolls, and perogies.
- Make meat loaf in muffin tins. You can freeze these and take one out at a time.
- Make your own hamburger patties. Put wax paper between each patty. Freeze them in a bag or container.

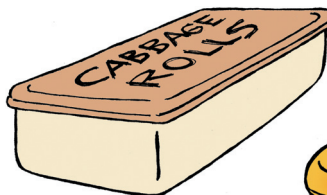


### If you freeze foods

- Write the date on containers.
- Make sure you can see your containers in the freezer.
- Reheat meals in the microwave, oven, or on the stove.

### Other ideas

- Look in the library for recipe books like "Cooking for One or Two".
- Rearrange your kitchen to make cooking easier.
- Think about getting a microwave oven. They make cooking quick and easy.
- Share meals with a friend.
- Get together to cook with friends and family.
- Eat with others at a senior centre, apartment meal program or restaurant.
- Order groceries over the phone and have them delivered.



**HEALTHY**  
*Eating*  
FOR  
**HEALTHY**  
*Aging*

# Cooking for One or Two

## Some ideas to make cooking easier

### Make one-pot meals

Use a skillet, electric fry pan, wok or casserole dish to make and serve the whole meal.

Use the same pot to cook two things for the same meal.

For example, add vegetables to pasta or potatoes when they are almost cooked.

### Frozen foods

Keep frozen fruits and vegetables on hand in case you run out of fresh. Cook just enough frozen vegetables for one meal.

### Dry goods and dried foods

Always have dry goods in your kitchen, like pasta, rice, cereals, pancake and biscuit mixes, and crackers.

If you run out of fresh foods, use:

- dried spices, like dehydrated onion and parsley, or garlic and onion powder
- skim milk powder
- instant mashed potatoes
- instant pudding mixes - Divide pudding or Jell-o mixes in four. Cook one serving at a time.

### Foods in cans and jars

Keep canned food for quick meals. For example:

- canned fish and meat,
- canned soups and stews,
- canned beans and lentils
- canned fruits, vegetables and juices
- canned milk
- canned puddings
- peanut butter or tahini
- jams and jellies



## TIP

Cook just enough frozen vegetables for one meal.

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## Think small! Some suggestions

### Shopping

To cut down on waste:

- Buy only what you need for one or two meals.
- Buy small bags of salads and cut vegetables. Whole vegetables like lettuce or cauliflower might go to waste.

Use one food in different meals. Try this: Cut a steak in two. Cook one half for supper. Cut the other half into cubes or strips and freeze them. Later, add to soup or stew.

Buy single servings of salads and cooked dishes at the deli counter.

Buy single pieces of meat, if that is all you want.

Ask the butcher to cut large pieces of meat into smaller pieces.

Buy refrigerator cookie dough. Slice off and bake just enough for one day or two days. Keep the rest in the fridge. Use it up within a week.

Buy single servings of packaged foods like hot cocoa, instant breakfast, dried soups, noodle packages, and instant hot cereal.

### Storing Food

Store your bread and rolls in the freezer. Each day, take out what you will need.

Freeze muffins, cup cakes and slices of cake in small containers.

Keep nuts and seeds in sealed bags or containers in the freezer. Only take out what you need.

Wrap small pieces of hard cheese in plastic wrap. Freeze them.



## TIP

Buy only what you need for one or two meals.

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