

COOKING FOR 1 OR 2



As we age, balanced and nutritious meals help keep us healthy. Making large portions, adding new ingredients, and using simple cooking skills can reduce time and stress, making cooking for one or two more enjoyable!

Pick your Power Hour



- Schedule 1 day of the week & set aside a few hours for groceries, cooking, and cleanup
- Pick a time of day to cook when you have the most energy

Use your Microwave

Did you know you can...

- Steam veggies
- Cook whole potatoes
- Make an omlette
- Make a quesadilla
- Make fruit crisp in a mug



Champion your Freezer

Instead of 1 portion, cook a large batch and freeze for later!



- Ex. Portion soup or stews into single serving freezer bags for later use.



Reinvent your Leftovers

Switch up the base:

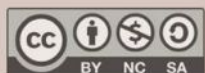
- Serve chili on quinoa, Basmati rice, or bulgur
- Stuff your leftover casserole into peppers and bake



Add toppings:

- Add tuna or beans to your salad
- Top your meal with chutney, guacamole, or green onions
- Throw on parsley, chopped nuts, or pickled veggies

My preferred time/day to cook is _____.
My goal is to make _____ servings of _____ (dish).
I can switch up the leftovers by _____.



Cooking for one can be creative and fun!

Jenn Appiah, Kiara Gaspari,
Kiana Gibson, & Jen Ying