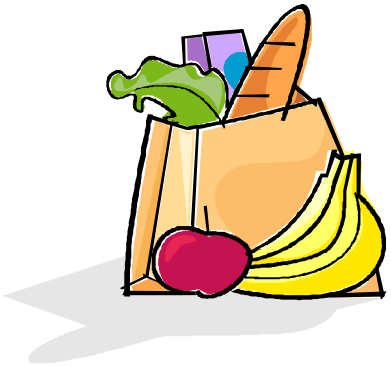
Eating For One

Preparation & Mealtime

- Cook an entire recipe and divide leftovers into individual servings and freeze. Always date them and use older dishes first.
- Use microwaves and crock pots to save time.
- Make mealtime enjoyable; create a nice setting by putting on some music. Invite a guest and have them bring a dish.



Foods to Keep on Hand

- Canned (low sodium) soups, fruits, & vegetables
- Instant potatoes
- Powdered or canned milk
- Cereals, hot and ready-to-eat
- Canned meats, fish, or beans
- Bread, rice, or pasta
- Peanut butter
- Frozen vegetables and fruit

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Shopping for One

- Plan a menu for the week and make a grocery list
- Buy only what you need
- Buy individual size products
- Stock canned and frozen foods
- Check expiration date before using foods

Money Saving Tips

- Buy fresh fruits and vegetables in season.
- Buy plain canned or frozen vegetables instead of those with added seasonings and sauces.
- Look for bargains on day-old bread and freeze it.
- Ask the butcher to repackage your meat in single smaller servings.
- Buy just what you need from bulk bins.
- Use cheaper store brands if the quality is satisfactory for your needs.