

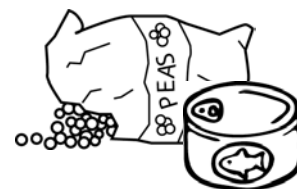
Shopping and Cooking for One



To keep healthy, eat at least 3 meals a day and have a wide variety of foods from each of the food groups.

1. Planning and shopping for meals

- Buy a variety of foods from each food group (breads and cereals, vegetables, fruit, dairy, meat and meat alternatives).
- Plan your main meals a week ahead.
- Make use of easy to prepare foods e.g. frozen vegetables, tinned fish or canned fruit.



2. Cooking



- Cook one pot meals.
- Make extra & freeze in single serve containers.

3. Some quick meal ideas

- Cold chicken or meat with salad and bread.
- Mix a jar of pasta sauce with cooked pasta, mixed vegetables and top with grated cheese or tinned fish.
- Microwave a potato, top with baked beans and serve with a salad.
- Fruit with custard, yoghurt or ice cream for dessert.

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4. **Variety is the spice of life**

- Organise meals with friends or family.
- Try new recipes (borrow cookbooks from friends or the library).