

Senior Bytes

HEALTH & NUTRITION PROGRAM, SNAP EDUCATION

 UNIVERSITY OF MINNESOTA | EXTENSION



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Planning Healthy Meals for One or Two—a Checklist

Sometimes, it can be hard to get motivated when cooking a meal for just one or two people. Here is a checklist to help you get the most value for your time and money if you are cooking for two, or just you!

GENERAL TIPS

- Maximize your nutrition!
 - Make half your plate fruits and vegetables
 - Make at least half your grains whole grains
 - Switch to fat-free or low-fat (1%) milk
- Cook once, eat twice
 - Plan two meals from the same entrée
 - Separate out extra food **before** serving
 - Eat extras in 3-4 days or freeze



SHOPPING TIPS

- Should you buy in bulk?
 - May be half the cost but just as expensive if you toss half
 - Smaller portions help avoid eating the same food over and over
 - Repackage meat in freezer bags for smaller servings and freeze
- Consider individually packaged servings of items if you frequently have leftovers



- String cheese, wrapped cheese slices
- Single containers of tuna, soup or fruit
- Individual cartons of yogurt
- Buy a smaller number of servings from meat counter
 - Enjoy one pork chop
 - Purchase a single salmon filet
 - Explore a different cut of beef
- Buy fruit at varying stages of ripeness

- Buy some fruit to eat immediately and some to ripen for later

- Apricots, bananas, cantaloupe, kiwi, nectarines, peaches, pears and plums continue to ripen after purchase



- Refrigerate fruit after it has ripened for longer storage
- Buy frozen vegetables in bags
 - Pour what you need
 - ◊ Use in 8 months or per package guidelines
 - Toss into soups, casseroles, salads
 - ◊ Thaw corn or peas in strainer under cool running water for salads
 - Taste and nutrition
 - ◊ Comparable to fresh
 - ◊ Often lower in salt than canned

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- Can-do canned foods
 - Nutrition is comparable to fresh/frozen
 - Rinse to reduce sodium
 - Helpful in emergency; have manual can opener handy
 - Remove from can when storing unused portions
 - Check the “use by date” on cans for best safety/quality; after can is opened, use within 3-4 days
 - Low sodium versions available
 - Canned Food Alliance offers recipes at www.mealtime.org
- Shop at supermarket salad bars
 - Purchase small amounts fruits/veggies
 - Buy individual salads
 - Use foods within 1-2 days of purchase for best quality

FAST & EASY WRAP

2 tortillas
1 cup chopped leftover vegetables—tomatoes, onions, cucumbers, lettuce, broccoli
1 cup cooked leftover meat—ground beef or turkey, roast beef, pork or chicken
Low fat Ranch salad dressing or Mustard



Layer meat and vegetables in middle of tortilla. Add mustard or salad dressing. Roll up and eat!

Source: Smartfood 2013

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For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at 1-800-221-5689, which is also in Spanish or call the MN Food HelpLine at 1-888-711-1151.

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<http://www.extension.umn.edu/family/health-and-nutrition/>