

Eating Alone at Any Age



Eating alone may be difficult and not seem to be worth the time or effort. However, it can be a fun and enjoyable experience. Just keep your cupboard and refrigerator stocked with your favorite nutritious foods.

Ways to make dinner a pleasure again

- Create ambience. Put out flowers, placemats, or candles. Turn on some music.
- Eat in a different location: on the porch, by a window, or at the park.
- Treat yourself to dinner out.
 Ask for a "doggie bag" and you have dinner for the next night.
- Consider using homedelivered meals a couple times a week.
- Share dinner with a friend.

- Start a dinner club: everyone brings one part of the meal.
- Initiate a "collective kitchen". Gather a group of people and cook a large recipe. Everyone takes home a portion of the meal to eat or freeze for later.
- Exchange recipes with friends.
- Teach others to cook your favorite recipe.
- Eat at the senior center.



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Office on Aging Information & Assistance

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Source: www.dietitians.ca



Easy Meal Ideas

Breakfast:

- Eggs, toast, orange juice
- * Pancakes, yogurt, fruit
- * Cereal, milk, fruit
- Fruit milkshake, muffin
- Omelet, whole wheat toast, fruit
- Banana, bran muffin, milk

Lunch:

- Peanut butter and jelly sandwich, milk
- Tuna melt, carrot sticks
- Vegetable soup, cheese and crackers, milk
- Salad topped with lunch meat, yogurt

Dinner:

- One-pot casserole: meat, vegetables, pasta/rice, sauce
- Spaghetti, salad, milk
- Turkey meatloaf (bake in muffin tins), vegetables
- Stir-fry (meat/tofu, vegetables), rice, milk