

SENIOR NUTRITION NEWS

Eat Smart Idaho

April 2024

Cooking & Eating Alone

Many older adults live alone and may have changes in appetite and abilities related to food preparation. Often these changes can affect motivation to cook and shop, which may result in eating less or skipping meals. It is important to remember that getting enough food and nutrients remains an important component of good health. Here are some tips to make cooking and eating alone easier and more pleasurable:



- Stay involved with neighbors, friends, and relatives. Have a standing invitation several days a week to get together for lunch or dinner.
- Create a new interest in eating by trying new foods, ethnic foods, or new recipes. A good place to find recipes is online. We at Eat Smart Idaho have a number of recipes available at: www.eatsmartidahointhekitchen.com
- Make meal time an event to look forward to:
 - Eat near a window with a view you enjoy.
 - Turn the tv or your favorite music on for company while eating.
 - Make meals appealing by using foods with various colors, textures, and temperatures at each meal.
- Plan meals in advance, so you don't have to think about what to have.
- Keep staple items such as canned or frozen foods on hand for days when you don't feel like cooking.
- On days you do feel like cooking, cook larger quantities and freeze some for a quick and easy meal that can be easily heated up.
- Take advantage of the many convenience foods in the supermarket such as: low-fat frozen entrees or dinners, frozen vegetables without added sauces, low-fat yogurt and cheeses, fruit canned in 100% fruit juice, frozen fruit, bagged salads, salad bars, and whole grain breakfast cereals. Many of these items allow you to prepare the amount you need for one person.



Spinach and Pepper Quesadillas

- 2 medium 100% whole wheat tortillas
- ½ cup chopped sweet red or green bell pepper
- ⅔ cup shredded low fat cheddar cheese
- ½ cup fresh spinach



1. Wash hands.
2. Sprinkle half of cheese and bell peppers on one half of each tortilla.
3. Add half of spinach to each tortilla. Fold tortillas in half.
4. Heat large skillet over medium heat until hot. Put the folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.

Mixed Berry Parfait

- 8 ounces vanilla yogurt, fat-free
- 2 tablespoons oats
- 2 tablespoons walnuts, chopped
- ½ cup blueberries
- ½ cup raspberries



1. Wash hands.
2. In medium bowl, layer yogurt, oats, walnuts, and fruit.
3. Garnish with any remaining fruit.

Sources: Iowa State Extension; <https://www.ksre.k-state.edu/humannutrition/nutrition-topics/eatingwell-budget/factsheet%20cooking-for%20oneMontana.pdf>; https://www.ksre.k-state.edu/humannutrition/nutrition-topics/eatingwell-budget/cookingfor1or2-documents/fn-ssb.016_cookingforoneortwo_UniversityofKentucky.pdf
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For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary,
Kootenai & Shoshone Counties 208-292-2525

North Central Idaho: Clearwater, Idaho, Latah,
Lewis, & Nez Perce Counties 208-883-2267



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