Eating Alone and Loving It

Eating alone doesn’t mean you have to sacrifice good nutrition and tasty food. Planning can make your meals pleasant and healthy.

• Take time to plan at least a week’s menus
  ► Once several weeks’ menus are written- reuse
  ► Shop with a list when you are not hungry

• Divide and Conquer
  ► Make recipes in large amounts and freeze in small labeled containers
  ► Reduce amounts of ingredients in recipes to make fewer servings

• For Each Meal, Plan
  ✓ 1 serving of milk
  ✓ 1 serving of protein food
  ✓ at least 1 grain or bread
  ✓ at least 1-2 servings of fruit and vegetables

• Limit Fatty Foods and Foods High in Added Sugar
  ► Fry seldom
  ► Use fruit for dessert
  ► Use a little diet margarine or oil to season if needed
  ► Use reduced fat or non-fat dairy foods

• Look for Unit Pricing
  ► Label or sign on the shelf that shows price per ounce or item
  ► Do own calculation if not done by store

**Unit Price**
Product Price
Divided by
Number of ounces or items in package
Shop and Store Smart

Breads
- Store in freezer
- Thaw on counter, microwave or toaster

Vegetables and Fruits
- Buy fresh in small amounts
- Buy larger bags of frozen
- Buy canned on sale - store up to one year

Meat, Poultry and Fish
- Buy meat and poultry in larger packages on sale
- Wrap individually in plastic wrap
- Store in labeled one gallon freezer bag
- Eat fresh fish the day purchased or store on ice for 24 hours or freeze

Dairy and Eggs
- Buy in small quantities
- Keep well covered in refrigerator

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Bulletin # FDNS-E-89-3 Date March 2003
Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia College of Agricultural and Environmental Sciences and the U.S. Department of Agriculture cooperating. Gale A. Buchanan, Dean and Director