

Spice of Life

Nutrition Education Newsletter



MEALS on WHEELS
PINELLAS COUNTY

September 2021

Brought to you by your
Licensed Dietitian Nutritionist

Cooking for One

Some people may find it difficult to cook for one because it seems expensive and like a big effort for a small reward. But these tips can make preparing nutritious meals for one, a breeze.



Plan - Create simple meals using MyPlate. All you need is protein, something starchy, fruit, vegetables, and dairy or a calcium-rich food or drink.



Grocery Shopping - Using a shopping list streamlines your time in the store. Buy foods in season or on sale to save money. Choose pre-prepped foods like frozen, cut green beans, and peeled garlic. Online grocery shopping with pick-up or delivery saves time & helps to buy only items on your list.



Cooking: Reduce a recipe by half. Or cook a full recipe, then freeze individual portions to reheat later. If your recipe serves 4, then portion it out into 4 containers and freeze what you won't eat that week. Make it fun by listening to music, the news, or an audiobook.

It's Hurricane Season

Call 727-456-0222 ext-2241 for our operational status during a major storm. Keep your hurricane (shelf-stable) box until December 1 if we have to cancel deliveries



September is National Honey Month

The National Honey Board initiated National Honey Month in 1989 to bring awareness to the importance of honey production. September is the end of honey collection. Fun fact: It takes about 22,700 bees to fill a single jar of honey.

**Want more tips on cooking for one or simple recipes?
Call 727-573-9444 to speak with your licensed dietitian.**

Sources: <https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/cooking-tips-for-one-or-two>; September is National Honey Month! (agfoundation.org)