

Tips to Help Make Meals

Some days, it can be hard to:

- think of meal ideas
- make a shopping list
- shop for food
- cook meals
- clean-up

Try some tips in this handout to see if they work for you.

Tips to help with meals

Try doing one task at a time. Take breaks between.

Save time by planning

- Plan your meals ahead of time.
- Keep a list of your favorite quick and easy meals.
- Do some steps ahead of time, like washing and cutting vegetables.

Cook once, eat more than once

- Make enough food for more than one meal.
- Save extra food for another meal.
- Make a one-pot meal for less clean-up.
- Eat leftovers on busy days.

Choose ready-to-use foods

- Choose foods that need less time and energy to make, like:
 - bagged salads
 - canned foods, like beans, fish, ham, or chicken
 - store-bought roasted (rotisserie) chicken
 - shredded cheese

If you use the food bank, think about what you will do if your food runs out before you can go again.

If you need help finding food right away:

- call 211 Alberta, text “INFO” to 211, or chat online with [211](#).

Grocery shopping

Try these tips when you shop for food.

Make a list

- Before you shop, make a list of the foods you need.
- Group alike items on your list, like vegetables, bread, or freezer foods.
- You can also make your list in the order you shop in the store.

Shop at stores you know

- Shop at smaller stores or stores you know well.
- This may help you find items more quickly.

Shop at a quiet time

- Try shopping when the store is less busy, like when it opens.
- Fewer people in the store may make shopping easier.

Use a cart or wheeled bag

- Use a cart, even if you only need a few items.
- A wheeled bag can help you get your groceries home.



Shop online, if you can

- You can buy all your groceries online or just the heavier items.
- You may be able to pick up your groceries or have them delivered.
 - Note: Delivery may cost extra.

Cooking

Try these tips when making meals.

Do some steps ahead of time

- Do some cooking ahead of time. For example, cook meat or rice before you need it.

Get your kitchen ready

- Before you start, bring out the food and tools you need.
- Keep the tools you use most where you can reach them easily.

Sit while you make food

- Sit at a table or on a stool while making food.
- Keep a bowl nearby for food scraps or garbage.

Cleaning up

Try these tips after meals.

- Take a break before cleaning up, if you can.
- If you make extra food, put the leftovers in the fridge. Use them within 3 days.
 - Learn more about food safety at Canada.ca/FoodSafety.
- Let dishes air dry on a drying rack.
- Use containers that are easy to open and close to store leftovers.

Kitchen tools

Some kitchen tools can help with cooking. You can find them at grocery stores, thrift stores, or online. If you have a housing or support agency, ask if you have coverage to help pay for them.

			
5-in-1 bottle opener	Can opener	Dycem® non-slip material	Jar opener
			
Kitchen tools with large handles	Kitchen tools with foam grip tubing	Microwave-safe dishes (glass or ceramic)	Vegetable chopper, dicer, or slicer

More information



- Talk to your healthcare team.
- Call Health Link at 811. Ask to talk to a dietitian or do a [self-referral form](#) on ahs.ca/811.

