

Eating Alone

For some people, eating alone may not be their preferred way to enjoy a meal. Sometimes people would rather skip meals than eat by themselves. Skipping meals often means getting fewer nutrients and can lead to poor nutrition.

Loss of Appetite?

Studies show that eating alone can cause a loss of appetite.

What can I do?

- **Cook with family or friends:** Cooking with others may be more enjoyable and give you new and creative ideas.
- **Have a potluck:** Meet up with a few friends and suggest a potluck, this way, everyone will have some company and they can try everyone else's cooking!
- **Try new recipes:** Trying out different recipes will give you more variety in your meals and make them more interesting.
- **Eat smaller but more frequently:** Smaller meals and snacks are often easier for seniors to handle. Check out Eating Well with Canada's Food Guide to see the servings and portion sizes of the four food groups you need each day.
- **Take a walk in the park:** Actually, doing any sort of exercise will increase your appetite.
- **Make your eating area attractive:** When eating alone, it becomes easy to eat away from the table. Make mealtime pleasant by setting the table. Try switching on the television or listening to the radio.
- **Find a gathering place in the neighbourhood:** There are places in most neighbourhoods where seniors like to gather such as local coffee shops or diners. These are good places for finding other local seniors for company when eating.
- **Go on a Picnic:** Go out for special outings where you can enjoy your meal.

I Can't Cook Everyday! What Should I Do?

As we age, it can become more difficult to cook. Pots and pans might become too heavy to handle or appliances challenging to use. Here are some options you may like to consider:

- Get your loved ones to cook extra food and freeze. You can reheat them throughout the week. Your family can also do some of the cutting and preparation for you. Many vegetables and fruits can be pre-prepared and put in the freezer. For later cooking.
- Eat out every so often. You can also ask for a doggie bag for what you cannot finish and reheat that for another meal.
- Order a meal service. Either frozen or hot meals will be delivered to your home.

Suggested Recipes

Cooking food for one can be difficult. Scaling down recipes may be tricky. Check out your local library or the internet for recipes that make one or two servings. Remember foods and meals can be simple and still nutritious. A complete meal has three food groups. Soups, stews, canned and ground meat are excellent staples for your kitchen for these basic recipes.