



Nutrition and Health Checklist – Tip #10

“I am not always physically able to shop, cook and/or feed myself.”

Here are some tips that might help.

Things you can do for yourself at home:

- When you are able, make meals ahead and freeze them for later.
- If you have leftovers, make an extra plate to eat in the next couple of days.
- Keep easy-to fix snacks and foods on-hand for the days you don't feel like cooking. Try foods like fresh fruit, whole-grain cereals, crackers, cheese, peanut butter, hearty soups, yogurt, and milk.

Family and friends want to help you but don't want to “butt-in.” Go ahead and take them up on their offers.

- Let your family and friends help with grocery shopping and preparing meals.
- Ask your family and friends if they will bring you meals that can be frozen and eaten later.
- Talk to people at your senior center to find out about services that can help you get the food and meals you need. Sometimes meals can be delivered right to you at home.
- Check with your local food bank, Social Security Office, Area Agency on Aging, Senior Center, health department or church for help.



Check the [Community Resources](#) section of Live Well Age Well for resources in your area.

<http://www.livewellagewell.info/resources.htm>