



## Nutrition and Health Checklist – Tip #7

### “I eat alone most of the time.”

Many people don't like to eat alone or cook just for one. Often it is easier to eat snacks rather than a meal. Many snack foods are high in salt, sugar, and fat, but low in the nutrients your body needs to stay healthy. Find ways to make meals fun and healthy.

Here are some tips that might help.

#### Things you can do at home:

- Watch TV or listen to the radio while you eat to make it feel like someone is there with you.
- Ask a friend or relative to call around meal time. Talk to them while you eat.
- Sit at the table and set your place with a placemat and a fresh flower from outside. Make it a special meal just for you.



#### Things you can do to include other people:

- Have lunch at your senior center to meet new people and enjoy the activities.
- Ask a friend or neighbor over to share a meal. You'll have fun and split the cost.
- Ask your grandchildren over for a meal and teach them how to make your favorite recipe.
- Get a group of people together for a pot-luck. Share the leftovers.
- Attend pot-luck suppers at your church.
- Go grocery shopping with a friend. Then cook and share a meal together.