



Cooking Tips

- Prepare foods that your Care Receiver likes!
- Give food choices as long as your Care Receiver can make a choice.
- Pay attention to how much food is eaten and keep track when appetite changes. Speak with your health provider about any sustained increase or decrease in food intake, food-texture, or swallowing issues.
- Pull out favorite recipes for special days.
- Develop a core team to help you with meal preparation. Your team may consist of family, friends, or neighbors. Share the list (and recipes!) of favorite foods so when you need help, they have great ideas about which foods to prepare!
- If needed, especially if care giving is suddenly upon you, having things ready in the freezer could be a life saver. If family and friends bring so much food that you can't eat it all, try freezing it.
- Idea for freezing food. Use a foil muffin pan. Each muffin hole is one serving size. You can divide casseroles into serving sizes so that you can just uncover and pop out what you need. Or you can use one muffin pan to prepare a "plate of many foods" by putting a different food in each hole, especially for bigger holiday-type meals. Be sure to seal the pan with foil to prevent freezer burn. Always label the pan with the contents and date of freezing. Reheating can be a breeze if you want to heat the entire pan. Eat up within a month!
- Collect several bib-style aprons that can be fastened around the neck and waist. These are available in cloth and plastic. I suggest you have at least four re-useable ones, one for each meal in a day with one in reserve, to allow for washing and drying time. When meal time gets messy, you'll be ready!