

Timely Tips On Planning Meals For One Or Two

Expanded Foods & Nutrition Education Program



By Deborah Crandall

It may seem hardly worthwhile to go to all the trouble of fixing meals for one or two. However, eating regular, well-planned meals does pay dividends. Sometimes, when we do not plan, we find ourselves nibbling and eating poorly balanced meals high in calories and low in nutrients.

Here are some timely tips to consider when planning meals for one or two:
 -- Keep a memo pad handy in

the kitchen. When you run out of a food item, jot it down.

-- Some fats and oils can be used in moderate amounts, but it's a good idea to limit your total intake of fat, greasy foods, gravies and fried foods.

-- Meat is considered the most expensive part of the meal.

-- Non-fat dry milk is economical and versatile and will store on the shelf for several weeks.

-- Use left-overs to add variety to meals -- casseroles, salads,

omelets are frozen for future use.

-- If left-overs make a dull salad, put extra zip in the dressing for more flavor.

-- Colorful placemats and attractive dishes also make food look good to eat.

The Expanded Food and Nutrition Education Program (EFNEP) is an integral part of the Mecklenburg County Agricultural Extension Service.

The purpose of EFNEP is to

help limited resources families with improvement of their nutritional status. If you are interested in the EFNEP Program, call Extension Home Economics, 336-2692, or write to 700 N. Tryon Street, Charlotte, NC 28202.

If you would like free nutrition and food demonstrations, please call 336-2692.

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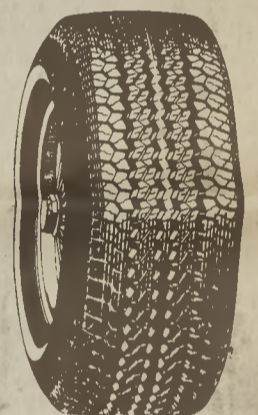
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