



Recipe for Success



SeniorsBC



Provincial Health
Services Authority
Province-wide solutions.
Better health.

Today's Session

1 Plan

- Making a meal plan for the week
- Building a healthy pantry

2 Shop

- Grocery shopping and label reading

3 Cook

- Cooking for one or two people
- Modifying recipes

4 Eating well when eating out



Do you face challenges shopping
and cooking as a senior?



PLAN

A week of meals

- **Look at your schedule**
- **Check the fridge and freezer for items to use up**
- **Check grocery flyers for good buys**
- **Plan to make at least one bigger meal that can be divided into portions to freeze**



PLAN

Healthy pantry ideas

- ✓ Whole grains (e.g., oats, brown rice, pasta)
- ✓ Canned goods (e.g., fish, legumes, vegetables)
- ✓ Oils, vinegars, herbs and spices
- ✓ Nuts, seeds and nut butters
- ✓ Baking supplies
- ✓ Root vegetables



PLAN

Healthy freezer ideas

- ✓ **Vegetables (without sauces)**
- ✓ **Fruits (without sugar or syrups)**
- ✓ **Fish, chicken, turkey or lean meat**
- ✓ **Sliced bread, buns, bagels, pitas, flatbreads**



PLAN

Healthy fridge ideas

- ✓ Milk, cheese and yogurt or fortified soy beverage
- ✓ Eggs
- ✓ Vegetables
- ✓ Ripe avocados
- ✓ Fruit
- ✓ Tofu
- ✓ Condiments (e.g., salsa, mustard, low-sodium soy sauce)



SHOP

Grocery shopping tips

- Try making a list
- Don't shop when you're hungry
- Find out if there is a discount day for seniors



Healthy Eating Quiz

TRUE OR FALSE?



Healthy eating
has to be
expensive.

SHOP

Minding your budget

- **Look for store brands**
- **Be cautious of sales (like “4 for \$5”)**
- **Buy from the bulk section if it’s available**
- **Buy smaller quantities of perishable food**
- **Limit highly-processed convenience foods**



SHOP

Buying vegetables and fruit

- **Shop the flyers – the more colour the better!**
- **Buy in amounts you can use before they go bad**
- **Buy in season for the best value**
- **Canned & frozen can save you money and time**



SHOP

Buying whole grains

- Buy in bulk if available or on sale
- Choose grain side dishes with no added sodium (salt)
- Choose whole grain breads instead of white bread
- Buy sliced bread when it's on sale and put it in the freezer
- Choose whole grains like oats over processed cereals with added sugar



SHOP

Buying milk products and alternatives

- Buy milks in larger jugs for the best value
- Buy cheese in blocks when it's on sale
- Buy plain, unsweetened yogurt in larger containers
- If you are lactose intolerant, try a lactose-free milk or fortified soy beverage



SHOP

Buying meat and alternatives

- Buy dried or canned peas, beans, lentils or tofu more often than meat
- Buy cheaper & leaner cuts of meat, such as blade, chuck, flank or rump roast
- Buy a whole, small chicken instead of individually wrapped pieces
- Unseasoned frozen and canned fish are inexpensive alternatives to fresh fish



Healthy Eating Quiz

YES OR NO?

Do you really
need to read
food labels?



Food labels are found on packaged food to help you make informed food choices. They include:

- A Nutrition Facts Table
- An ingredient list
- Possible nutrition and health claims

Nutrition Facts			
Per 1 slice (37 g)			
Amount	% Daily Value		
Calories 90			
Fat 1 g	2 %		
Saturated 0 g + Trans 0 g	0 %		
Cholesterol 0 mg			
Sodium 200 mg	8 %		
Carbohydrate 17 g	6 %		
Fibre 1 g	4 %		
Sugars 1 g			
Protein 3 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	8 %

Serving size →

Milligrams
of sodium →

Grams of fibre →

Nutrition Facts			
Per 1 slice (37 g)			
Amount		% Daily Value	
Calories 90			
Fat 1 g			2 %
Saturated 0 g + Trans 0 g			0 %
Cholesterol 0 mg			
Sodium 200 mg			8 %
Carbohydrate 17 g			6 %
Fibre 1 g			4 %
Sugars 1 g			
Protein 3 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	8 %

SHOP

Let's look together

Nutrition Facts			
Per 1 slice (39 g)			
Amount		% Daily Value	
Calories 90			
Fat 1.5 g		2 %	
Saturated 0.4 g + Trans 0 g		2 %	
Cholesterol 0 mg			
Sodium 190 mg		8 %	
Carbohydrate 15 g		5 %	
Fibre 4 g		16 %	
Sugars 2 g			
Protein 4 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	8 %

- **Listed by order of weight from the most to the least**
- **The fewer words the better and mostly ingredients that you know**
- **Watch out for sugar or salt in the top 3 ingredients**



- **Nutrient content claims, such as**
 - “low in fat”
 - “high in fibre”
 - “no sugar added”
 - “an excellent source of vitamin C and E”
 - “low in sodium”
- * *watch out for “lower sodium” or “less salt”*
- **Health claims are a statement about the beneficial effects of a certain food in a healthy diet**

COOK

Back to the kitchen

Cooking is the key to healthy eating at home:

- **it's more affordable**
- **you control what goes into your meals**



COOK

Helpful Tips

- Prepare a balanced meal when you have the most energy – lunch vs. dinner
- Use a blender, chopper or food processor to save time prepping
- Clean as you go
- Cook and eat together



COOK

Cook once, eat twice!

Plan for leftovers:

- Make a large pot of soup, stew or chili and freeze in individual containers or bags
- Add leftover cooked vegetables, grains, legumes or meat to a salad, pasta sauce, casserole, soup, omelette or stir fry



To ensure your food remains safe to eat, reheat leftovers once only.

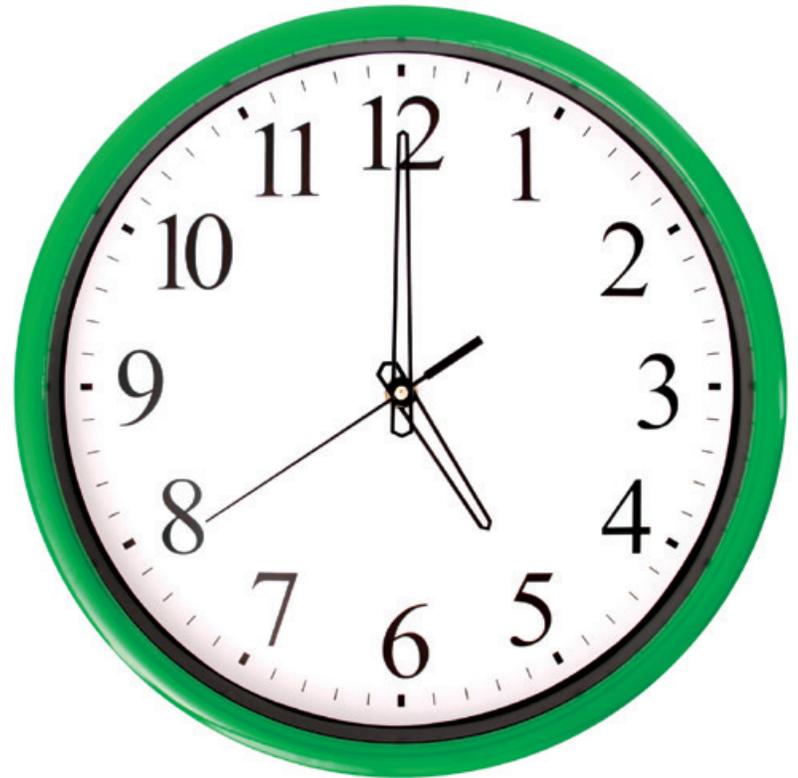
- Look for recipes intended for one or two people
- Buy from the bulk food bins to control quantity
- Buy fresh fruit at different stages of ripeness, so you don't waste any
- Replace your big, family-style pots and pans with smaller ones
- Look for small portions of items like chicken and fish or buy larger then divide and freeze



Healthy Eating Quiz

TRUE OR FALSE?

You have to spend a lot
of time cooking to
make a healthy meal.



COOK

Keep it simple sometimes

- Peanut butter and banana on whole grain bread, with a glass of milk
- Cottage cheese and fruit, with a whole grain muffin
- Vegetable soup, with whole grain crackers and yogurt for dessert
- Plain yogurt mixed with granola and topped with fruit
- Green salad with pumpkin or sunflower seeds, cheese slices or canned tuna and a piece of fruit
- Half of an avocado spread on toast with an egg





Can you make your favourite recipes healthier?



COOK

To use healthier & less fats...

- **Replace butter with olive or canola oil**
- **Use Greek yogurt in place of sour cream**
- **Replace part of the fat in muffins and cakes with applesauce, mashed banana or pumpkin, or grated zucchini**
- **Trim the fat and skin off meat and poultry**



COOK

To use less salt...

- Buy low-sodium packaged foods
- Use more herbs, mustard, spices, lemon juice, ginger or garlic

Choose less often:

- processed cheese
- processed, cured or smoked meats
- pickles, pickled foods, relishes, olives
- store-bought dips and salad dressings
- oyster or soy sauce



COOK

To use less sugar...

- **Cut the sugar in your baked goods by one-quarter to one-third**
- **Add spices such as cardamom, cinnamon, nutmeg or vanilla to give them more flavour**
- **Have sweet sauces (e.g., plum, ketchup, barbeque or hoisin sauce) in smaller quantities**



COOK

To boost fibre...

- **Choose whole grains, such as whole wheat pasta and brown rice, instead of white or refined products**
- **Use whole wheat flour, oats and cornmeal instead of all-purpose or enriched white flour**
- **Add ground flax seeds or bran from oats and wheat to recipes like muffins**



Healthy Eating Quiz

TRUE OR FALSE?

You cannot make healthy choices at restaurants.



Eating well when eating out

- ✓ Choose vegetable soup or salad to start
- ✓ Ask for dressings and sauces on the side
- ✓ Instead of fries, ask for extra vegetables or salad
- ✓ Look for entrées that are steamed, baked, broiled, braised, poached or grilled not fried
- ✓ Share your meal or eat half & take the rest home
- ✓ Order fresh fruit, sorbet or frozen yogurt for dessert or share one between the table



Make informed choices when eating out

Informed Dining

- Look for the Informed Dining logo on the menu or menu board at participating restaurants
- Check the nutrition information before ordering to make an informed choice
- Visit www.InformedDining.ca to find out if your favourite restaurant is an Informed Dining participant