

Eating With Others and Alone

Good nutrition is important at any age



When we **eat with others**, we tend to **plan, cook, and eat a variety of foods**. Eating with others also **increases appetite**.

Eat meals with others as often as you can. This includes family, friends, and neighbours.

PREPARING & EATING FOOD WITH OTHERS

Eating healthy foods with family, friends, or neighbours is a great way to **connect and add enjoyment to your life**.

Tips to prepare and eat food with others:



Prepare meals and exchange recipes with others



Join a collective kitchen, cooking class, or dining club



Share a potluck dinner with family, friends, and neighbours



Check your local senior's centre for weekly meal services

PREPARING & EATING FOOD ALONE

You might find that making meals is a challenge when you are alone. With a little bit of planning, **you can still enjoy a variety of healthy foods while eating alone.**

Tips to make preparing and eating food alone easier:



Prepare simple, healthy meals when you have the most energy



Prepare for days when you are not interested in cooking by making larger batches of stews, soups, casseroles, and other dishes that are easy to freeze and re-heat



Have some of your meals delivered (e.g., Meals on Wheels)



Have a nice place to eat (e.g., set the table with flowers)



Take your meal outside, watch TV, listen to the radio, or read

ENJOY YOUR FOOD

Tips to help enjoy your food with and without others:

- Appreciate the appearance, smell, texture, and taste of your food
- Be aware of your feelings, thoughts, emotions, and behaviours while eating
- Take your time while eating and enjoy each bite

Brought to you by the Nutrition & Aging Lab at the University of Waterloo.
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Learn more! Explore helpful resources and tools at: food-guide.canada.ca