

Words on Wellness

Strategies to Help When Cooking for One or Two



- 1. Prepare Semi-homemade Meals.** Semi-homemade is a combination of packaged foods and unprocessed foods. For example, you can use frozen stir-fry mix with canned chicken and instant rice. Grab a frozen chicken alfredo dinner and pair it with a salad and a cup of milk.
- 2. Choose Simple Recipes.** You can make delicious meals with just 5 ingredients for a quick meal. Benefits of choosing simple recipes include that they are easy, they take less time to prepare, and there is less food waste.
- 3. Cut Recipes in Half.** Cutting a large recipe in half is a great way to make cooking and preparation easier. Soups and casseroles are recipes that are easy to cut in half.
- 4. Use Canned and Frozen Food.** Choosing canned or frozen food is a quick addition to any meal. Add canned chicken in a chicken salad sandwich or prepare frozen veggies by microwaving them. Canned and frozen food items are budget friendly, provide smaller portions, have a longer shelf life, and reduce food waste, making them just as nutritious as fresh food items.
- 5. Enjoy Leftovers.** You can also cook once and enjoy a second meal later. Recipes serving more than two can be easily prepared, divided in half, and frozen to enjoy later. Sloppy Joes is an example of a recipe that freezes well.

Sloppy Joes



Serving Size: 1/2 cup meat, 1 bun |
Serves: 5

Ingredients:

- 1 pound ground beef
- 1/2 medium onion, chopped
- 1/2 cup celery, chopped
- 1/2 cup green or red pepper, chopped
- 1/4 cup water
- 1/2 cup tomato ketchup
- 1 tablespoon prepared mustard
- 1 teaspoon sugar
- 5 whole wheat buns

Directions:

1. Combine ground beef, onion, celery, and pepper in a skillet. Add water.
2. Cook over medium low heat for 15 minutes. Cook until beef mixture reaches at least 160°F.
3. Put ground beef mixture in a colander set over a bowl. Drain fat into separate container, later discard in the trash. Rinse ground beef with warm water, and return to skillet.
4. Add ketchup, mustard, and sugar. Heat 5–10 minutes on low heat.
5. Serve mixture on whole wheat buns.

Nutrition information per serving:

300 calories, 11g total fat, 4g saturated fat, 0.5g trans fat, 60mg cholesterol, 450mg sodium, 29g total carbohydrate, 4g fiber, 11g sugar, 23g protein
This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit spendsmart.extension.iastate.edu

Tips to Avoid Food Poisoning When Eating Out

- Check inspection scores. Check a restaurant's score on the Iowa Department of Inspections and Appeals [website](http://iowa safefoodinspection.com), iowa safefoodinspection.com. Inspections are a "snapshot" of the day and time of the inspection.
- Look for certificates that show kitchen managers have completed food safety training.
- Refrigerate your leftovers quickly. Refrigerate leftovers within 2 hours of when the food was prepared (or 1 hour if the food is exposed to temperatures above 90°F, like in a hot car or at a picnic). Eat leftovers within 3 to 4 days. Throw them out after that time.

Source: [CDC Food Safety and Eating Out](https://www.cdc.gov/food-safety/), www.cdc.gov



Smartphone Apps and Fitness Trackers May Be Helpful Ways to Increase Physical Activity

If you are looking for ways to be more active, you may want to consider using an app or fitness tracker.

- Look at different apps and decide if there is one best suited for the activity you enjoy. Consider asking a friend to join you in using the same app.
- If you are competitive, a physical activity app might be effective at getting you moving and staying on track. Many apps include exercise role-playing games that use competition and exercise challenges to encourage and motivate users.
- Social support can have a positive impact on increasing physical activity levels. Sharing your activity on social media platforms and receiving feedback from friends and followers can be encouraging.

Forbes Health shares the following 2023 Best Apps:

- Best Free App: Nike Training Club
- Best Live Classes: FitOn
- Best for Working Out Solo: GymShark Training
- Best Personalized Training Plans: Adidas Training
- Best for Modifications: Workout for Women
- Best HIIT Workouts Freeletics: HIIT Fitness Coach
- Best for Daily Challenges: 30 Day Fitness at Home
- Best for Strength Training: Jefit
- Best for Quick Workouts: Daily Workouts—Home Trainer

Source: [British Medical Journal](https://www.bmj.com/company/), www.bmj.com/company/

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Human Sciences

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If you or someone you know is skipping meals, going hungry, or choosing between food and medicine, call 1-855-944-3663 to apply for assistance today.

Call Iowa 2-1-1 or Iowa Lifelong Links, 1-866-468-7887, for additional resources.

