
Cooking for One



Made Fun

Cooking for One Made Fun

Facilitated by Amanda Gerson &
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Jarvis Gardens

April 26, 2012

Overview

Location: Jarvis Gardens Senior Apartments

- 2001 Notre Dame Blvd., Chico, Ca 95928

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Date: Thursday, April 26, 2012 at 3:00pm

Jarvis Gardens is an affordable apartment complex for low-income seniors. The complex was organized and is run under the Christian Church Homes (CCH) organization. There is a total of fifty unit senior community in Chico.

We will provide Jarvis Gardens Seniors with a shopping list, refrigerator, freezer and pantry inventory, and recipes to make cooking for one easy and fun. Recipes will incorporate healthy ideas with an emphasis on fiber and calcium. Fiber and calcium benefits will be discussed along with easy tips to keep the pantry full of items to facilitate cooking for one easy and enjoyable.

Goals and Objectives

Goal 1: Participants increase self-efficacy by learning how to make easy recipes that are rich in fiber and calcium.

- **Objective a:** Participants are able to write two recipes using a provided “grocery list”.
- **Objective b:** Participants are able to identify 3 calcium-rich foods and 3 types of foods that are high in fiber.

Goal 2: Participants will be able to identify ways to overcome perceived barriers to eating and preparing healthy meals at home.

- **Objective:** Participants are able to use leftover ingredients to make a new recipe.

Activities

I. Introduction (6 minutes)

- a. Who are we

Materials

- Cooking For One Booklet
- Calcium & Fiber brochure.
- Ingredients and supplies for Cooking demo
- Tasting cups and forks
- Evaluation Sheet
- Mock grocery list
- Certificate of Completion

Other Resources

For information on Sodium Content in food:

<http://umaine.edu/publications/4059e/>

For Facts about Sugar and Salt

<http://www.hsph.harvard.edu/news/hphr/chronic-disease-prevention/fall09saltsugarpart2/>

Handy Hints of Quick Meals

<http://www.vrg.org/nutrition/seniors.htm#hints>

Senior Nutrition: The Joy of Eating Well and Aging Well:

http://www.helpguide.org/life/senior_nutrition.htm

- b. Who are you?
 - Icebreaker: Name and favorite food
- c. What to expect for today
 - Our objectives (see above)
- d. We want to hear from you! Write barriers to cooking at home on poster-board and discuss (Perceived Barriers)
 1. Feel wasteful
 2. Bored with recipes
 3. Don't want to cook for one person
 4. Time
 5. Eat too much in one sitting

II. Cooking For One- Made Fun (15 minutes)

- a. Explain and cover topics in *Cooking for One Booklet* (self-efficacy) (see attached booklet)
- b. List foods already in participants' pantry and write on poster board (self-efficacy)
- c. Discuss possible healthy recipe ideas from list (cues to action and self-efficacy)

III. Cooking Demonstration (6 minutes)

- a. Healthy Hummus Snack recipe with carrot slices (self-efficacy)
- b. Discuss health benefits of ingredients (perceived benefits)
- c. Pass out tasters to participants and discuss

IV. Discuss Fiber and Calcium Brochure (10 minute)

- a. Write calcium and fiber sources that participants can think of on poster board (perceived benefits)
- b. Explain and cover topics in *Fiber and Calcium Brochure* (perceived susceptibility/severity/benefits)

V. Cooking Demonstration (6 minutes)

- a. Make *Kale Salad* recipe (self-efficacy)
- b. Explain nutrient content of the salad (perceived benefits)

Evaluation

(2+ minutes)

- I. Distribute attached *Grocery List*
- II. Distribute attached *Evaluation Form*
- III. Distribute attached *Certificate of Completion* with special flowers

