

Ways to Cope: Cooking and Shopping

It can be challenging to shop, cook, and eat well. Breaking patterns of behavior can be difficult, especially when we're short on time and energy. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope."

Challenge	Ways to Cope	Other Ways to Cope
Shopping this way costs too much.	<ul style="list-style-type: none">• Use coupons.• Buy in bulk.• Buy things on sale.• Grow your own vegetables and fruit.• Buy frozen vegetables and fruit.• Buy dried legumes and beans.• Buy fruit and vegetables in season: check out your local Farmers Market or sign up for a CSA (Community Supported Agriculture).• Choose locally grown produce when possible because it will last much longer.• Choose long lasting vegetables over ones that will go bad quickly: cabbage, Brussels sprouts, and broccoli instead of more delicate leafy greens.	

Ways to Cope: Cooking and Shopping

Challenge	Ways to Cope	Other Ways to Cope
Shopping and cooking this way takes too much time.	<p>To free up time in general:</p> <ul style="list-style-type: none">• Organize and prioritize your to do list.• Ask friends or family to help you get things done.• Set boundaries with your time (i.e. turn off your work laptop after 6 pm). <p>To find time to shop for healthy food:</p> <ul style="list-style-type: none">• Shop on the weekend for the week ahead.• Shop in bulk.• Use a list to make sure you get everything you need. Itemize by section of the grocery store.• Use a grocery delivery service, such as: Jet, Fresh Direct, Insta-Cart, FoodKick. <p>To find time to cook healthy food:</p> <ul style="list-style-type: none">• Look for recipes using keyword searches for fast, healthy meals.• Do some prep work before work in the morning.• Try sheet pan cooking: roast seasoned vegetables and protein together in the oven for a simple, one-pan meal.• Use a slow-cooker or pressure cooker.• Meal prep on weekends to make cooking easier on weeknights.• Buy frozen vegetables and microwave.• Buy healthy convenience items, like prewashed salad or pre-cut vegetables.• Batch cook.• Consider how to use leftovers.	

Ways to Cope: Cooking and Shopping

Challenge	Ways to Cope	Other Ways to Cope
I don't like the way this food tastes.	<ul style="list-style-type: none">• Change your favorite dishes to make them healthier.• Season food with cheeses that are strong-tasting and fairly low in fat, such as parmesan and feta.• Choose good quality ingredients.• Choose items with a variety of flavors, textures, scents, and colors.• Lightly cook veggies like green beans and broccoli so they stay crisp and colorful.• Dress up food with herbs, spices, lemon juice, vinegar, hot sauce, plain nonfat yogurt, and salsa.• Grill or roast veggies and meat to bring out the flavor.	
It's unpleasant/boring/hard to shop, cook, and eat this way.	<ul style="list-style-type: none">• Shop, cook, and eat healthy with friends and family.• Learn new cooking methods and recipes from books, articles, and videos. Or take a healthy cooking class.• Try out new ingredients.• Team up with other family members and friends who are trying to eat healthier.• Take it slow, and be patient with yourself.• Try out new foods and products with an open mind. It's ok if you don't like everything. The important thing is to find some healthy foods that you do like!• Play music while you cook and wash dishes.	