

GOOD EATS

THINKING ABOUT FOOD DIFFERENTLY

Food can have a new meaning during our grief journey. We may not feel like eating, may not have the energy to cook, or we may overeat as a way of coping.

Here are some tips on how to think about food differently + find what works for you!

SHOPPING FOR FOOD

You might be used to a specific way of food shopping, or maybe you didn't do any of the food shopping before now. What if we offered the idea of doing it in a more European style?

There are some countries where going to the market to get dinner and food for the next day is a daily routine!

Grief brain can limit our ability to think/plan ahead, or food just might not sound good. Try taking things bit by bit and see what sounds good to you for the next 24 hours.

MEAL PREPPING

Have you heard of meal prepping? This is the idea that you prep a week's worth of meals all in one day, so you don't have to worry about it throughout the week.

There are great blogs and articles about how to meal prep effectively and help think of how to diversify the meals so you aren't just eating the same leftovers day after day.

Maybe grab a friend or family member who enjoys cooking and make it a fun event to set your nutrition up for success that week!

BALANCED NUTRITION

Meals don't always have to make sense. Grief can change our cravings, our palettes, or it might just be what seems to be easy to whip up in the moment.

Finding that you aren't eating your fruits and/or veggies? Try making them into a smoothie! Maybe you have leftovers for breakfast and eggs for dinner - it doesn't matter, as long as you are getting the nutrition you need.

Mixing things up a bit may even help with the emotional aspects of eating through grief. We may need new routines to help us eat.

OUTSOURCING

Don't feel like cooking? There are great ways to find pre-made or microwave-ready meals. Here are some options:

- Check out the deli counter for some sides, the salad/soup/quick lunch bar, and rotisserie chicken section at the store.
- There are online meal kits that can be shipped to your doorstep.
- Check the frozen section for easy meals, but please be mindful of the sodium content for your health.

NEW RECIPIES

The recipes we once made might not work for how we live right now - that's ok. The internet is a wealth of knowledge on cooking for one, making easy meals, etc.

All you need to do is type in something like "Making meals for one" to find a wealth of recipes! There's even a website/app called Pinterest where you can find great recipes and save them to your account so you can come back to them later.

Sometimes we just need to find a bit of inspiration, and bring these new routines into the re-building of our lives through grief.