

# Tips and Tricks: Cooking for One and/or Cooking While Living at a Sober House

## **COOKING For ONE**

Quick and easy options for cooking for one: Mac & Cheese, Sandwiches, Burgers, Eggs, Pasta (different sauces) Healthy Choice Power Bowls with added ingredients, Salads with added protein, Stir-fry, Tacos, Sloppy Joes, Chili, Stews, Soup, Burritos

Make the basics (rice/quinoa) add different veggies/spices/sauces/proteins for variety

Make usual recipe portions and divide leftovers into individual servings to eat later.

Use quart-size freezer bags to freeze leftovers or buy and divide bulk purchases into individual portions.

Roast frozen vegetables – preheat pan in 450 degree oven first, cover frozen vegetables with olive oil and add to hot pan Cook for 12-15 minutes stirring once.

Make smoothies and store leftovers in ice cube tray to freeze and thaw for later.

## **Sharing the Load – Cooking/Eating as a Community**

Team up with one or two others in the house and share the cost (protein vs side dishes) and labor of cooking and cleaning up afterwards.

House meal once a week (generally two people plan and cook for the house) Spend the full amount of the provided budget and purchase commonly used cooking/cleaning supplies (olive oil etc.)

## **Time/Money Savers**

Frozen Fruit and Vegetables

Meal plan and prep after grocery shopping

## **Delivery services**

Amazon Prime is available for \$6.99/mo vs. \$14.99/mo for EBT recipients.

SNAP EBT eligible items are indicated on Amazon. Not: Not always the best price or quantity.

Instacart (can add your EBT SNAP card) includes delivery from Aldi, Amazon, Walmart in MN

Shipt (does not take EBT at this time) deliveries from Target, HyVee etc. in your area

Costco (Membership Fee \$60-120/yr) Does accept EBT for eligible items. May be able to order online or with Instacart without a membership but prices will be higher.

Meal Delivery (Blue Apron, Hello Fresh, etc) Expensive and too often goes to waste

## **Kitchen Essentials (check out Good Will or Garage Sales)**

Blender (personal serving size/ immersion) Recommended Brands: Ninja, Nutribullet

Crockpot

Electric Indoor Grill (ex. George Foreman) and outdoor grills

Airfryer (convection oven)

Rice Cooker

Mini waffle maker (to quickly cook eggs)

Non scratch 13" sauté pan with lid, 4 qt sauce pan

Good Knives

## **Storage**

Tote in the closet for nonperishable food (including shelf stable milk) Mini refrigerator in the room

Bookcase in kitchen to expand storage

Designated spot in kitchen for communal food, spices, condiments, cooking oil

Outdoor garden or indoor herb garden with grow lights

Flattened plastic food storage bags (various sizes/ vacuum sealer) or containers (Tupperware)

Use sanitized jars/mason jars to store salads (lettuce on top)

Aluminum foil can be use for storage and/or to line pans to save on clean up!