



SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS
Affiliated with National Volunteer Outreach Network, Country Women's Council, U.S.A., Associated
Country Women of the World and in partnership with Clemson University Cooperative Extension Service
SCFCL website: <http://www.scfcl.com>

Leader Training Guide

Cooking for One or Two

Objectives: Participants will learn methods for safely preparing and storing food for one or two people.

Lesson Overview/Introduction: Small families (one or two people) can strategically purchase, prepare and store their food for maximum nutrition and value.

Lesson:

The Food

Before making purchases, you should consider

1. The Amount: How much will you eat?

Leader Says: Use this guide to help you determine how much is the right amount to purchase for your family of 1 or 2.

This approximate amount will feed 2 people:

- 1 pound loose fruit such as grapes, strawberries, blueberries
- ½ pound boneless meat or fish fillet
- 1 pound bone-in meat
- ½ pound fresh vegetables

Source: <http://www.ces.ncsu.edu/brunswick/newsreleases/fcs299meals.html>

2. The Cost: Is it really a bargain?

Leader Says: Make sure you can use all the food you purchase no matter how reasonably it is priced. Foods that go bad before they can be used are never a bargain. Let's see who knows the answer to how long these foods will last.

Ask: Any idea how long you can keep fresh apples in the refrigerator? (*up to 4 weeks*)
Any idea how long you can keep a frozen chicken in the freezer? (*up to 12 months*)
Any idea how long you can keep fresh fish in the refrigerator? (*1-2 days*)

Source: http://www.clemson.edu/extension/hgic/food/food_safety/handling/hgic3480.html

3. Nutrition: Is it healthy for me?

Leader Says: Always check nutrition fact labels before buying an item. Fresh or frozen (without sauce) foods tend to have lower sodium levels than canned foods.

Leader shows boxes: Any idea which pudding has a higher sodium content? Instant pudding vs. Regular pudding. (Allow time for discussion about pros and cons of nutrition, convenience)

Leader shows wrappers: Any idea which has a higher sodium (and fat) content? Hotdogs vs. Cubed Ham vs. Spam. (Allow time for discussion of pros and cons about nutrition, price, ease of storage)

Comparing nutrition fact labels before purchasing items will help you choose the most healthful items. A little reading goes a long way for good health!

The Cooking Method

Fast and easy cooking typically suits everyone. You should consider

1. Is the stove or oven always the most efficient cooking method ?

Leader says: Select a cooking method to offer variety to your meals and efficiency to your time schedule. During warmer months, it could be more practical to occasionally skip cooking with the stove and prepare meals in a Crock-pot, a countertop grill, or a microwave. Is it possible to completely skip cooking and serve part of the meal raw or cold? Such as serving sliced fruit, melon, sandwiches or salads.

Leader shares recipes that are on the last page of lesson: Try these recipes that call for alternate cooking styles. They save energy and provide variety to your regular recipes. (If your club meets at lunchtime, these recipes might be a great option for a club meal!)

The Storage Issue

Leader Says: Cooking for a small family is easier when you have the correct portions ready to use. The freezer can be a time saver and a money saver when used to your advantage. But, make sure you have adequate storage space for this tactic. You should consider

1. Do you have adequate freezer storage for extra foods?
Pre-cook and freeze meat while it is on sale. This will save money. And, it will save time when you prepare meals.

Here's how:

Precook any meat such as ground beef, sausage, stew meat or bacon. Cool completely. Package in meal size (for 1-2 people), freezer safe packs and freeze at 0°F. Label (include type of meat and date frozen.)

Precooked meat can go straight from the freezer to the recipe you want to use it in. Or, it can be thawed in the microwave or placed in the refrigerator to thaw overnight (depending on your meal or your schedule.) Pre-cooked, frozen meat will maintain top quality in the freezer 2-3 months.

For recipes such as stews, soups or casseroles, consider freezing the entire dish. This saves space in your freezer.

Here's how: (Leader should demonstrate this technique using casserole dish and aluminum foil.)

Line baking dish with heavy duty foil leaving a 1-½ inch foil collar around the edge. Place food in meal-sized foil-lined dish. Cover with sheet of foil the size of dish and foil collar. Press air out from center; fold edges together, sealing tightly. Label and freeze. When frozen, lift from dish and return food to freezer. This allows you to freeze only the food and remove the dish from the freezer. When you are ready to cook the item, remove the wrap, place the food in the proper dish and bake until hot and bubbly. <http://www.ag.ndsu.edu/pubs/yf/foods/fnw613.htm>

This trick can be used for casseroles, bowls of soup (just defrost/reheat in microwave,) or most any item that can be frozen and reheated in a small quantity. Remember to freeze food in a small casserole dish or single serving size dishes so there isn't food wasted after the meal.

Many other items can be frozen for long term storage: shredded cheese, milk (shake well after thawing,) loaf bread, butter or margarine, scrambled raw eggs, various fresh berries and fruits, fresh vegetables from the garden.

For longest life and highest quality from frozen foods, make sure the food is wrapped in true freezer packaging and your freezer temperature is set at 0°F.

2. Do you have adequate pantry storage for extra foods?
Store items such as sugar, flour, tea, seasonings, oil, condiments, rice, pasta, jarred sauces, grits and other commonly used shelf stable items in adequate amounts to always have them available for easy go-to quick meals.
If you home-can foods from your garden, you can save even more money than purchasing vegetables from the supermarket. These foods can be stored in most any cool, dark, dry location.

Lesson Summary:

Learning to purchase and store the amount of food you need for your family of 1-2 people and preparing that food is a challenge. Planning ahead and using a variety of cooking techniques makes the job easier.

Materials Needed: Flip charts and markers to capture ideas; boxes of instant pudding and regular pudding; wrapper or packages for hot dogs, cubed ham, Spam; casserole dish, aluminum foil, copies of recipes.

Other Resources: For additional recipes for one or two people check out the brochure produced by the American Institute for Cancer Research, *Cooking Solo – Homemade for Health*. You may view it or print it from the website & order up to 6 brochures for free. Bulk orders are also available by calling 1-800-843-8114; 8:30 am – 9:00 pm, Monday-Thursday. The cost is \$10 for 25 copies.

http://aicr.convio.net/site/PageServer?pagename=pub_homemade_health_solo

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Lesson Reviewed by: Dr. Susan Barefoot, Program Team Leader, Extension Food Safety & Nutrition and Lou Robinson, Interim State Advisor SCFCL

RECIPES USING THREE DIFFERENT COOKING METHODS

<p><u>Easy Marinated Chicken Salad</u> 1/4 cup fruit juice (lime, lemon or orange) 1 pound boneless chicken Cut chicken into bite size portions and combine with fruit juice. Place chicken in refrigerator and marinate 15 minutes. Place marinated chicken on a countertop grill and cook until browned on both sides and the internal temperature reaches 165 degrees F.</p> <p>Mixed Greens Fresh Fruit in Season</p>	<p>Sliced Cucumbers and Tomatoes</p> <p>Plate greens for bed of salad. Top with bite size portions of fruit, cucumbers, tomatoes, and marinated chicken. Drizzle with dressing.</p> <p><u>Dressing</u> 2 tablespoons mayonnaise 1 tablespoon vinegar 1 teaspoon sugar Combine dressing ingredients and stir until smooth. Store leftovers in refrigerator.</p>
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Source: Rhonda Matthews, Clemson University, County Extension Agent

<p><u>Crockpot Beef Stew</u> 2 pounds beef stew meat, cut into 1-inch cubes 1/4 cup flour 1/2 teaspoon salt 1/2 teaspoon black pepper 1 1/2 cups beef broth 1 teaspoon Worcestershire sauce 1 clove garlic, minced 1 bay leaf 1 teaspoon paprika 2 potatoes, diced</p>	<p>1 onion, chopped 1 stalk celery, sliced</p> <p>Place meat in stoneware. Sprinkle flour, salt and pepper over meat and stir to coat. Add remaining ingredients and stir to mix well. Cover; cook on Low 10 to 12 hours or on High for 5 to 6 hours. Stir thoroughly before serving. Store leftovers in refrigerator or freeze leftovers for later.</p> <p>Source: www.crockpot.com</p>
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<p><u>Microwave Baked Apples</u> 2 large apples 1/4 cup brown sugar 1/2 teaspoon cinnamon (optional)</p> <p>Wash and core apples and place in microwave safe dish with lip. Mix brown sugar and cinnamon. Spoon sugar mixture into center of apples. Cover apples with wax paper. Microwave on high 6 to 10 minutes or until apples are fork tender.</p>	<p>Want more calcium and protein? Sprinkle the cooked apples with shredded cheddar. Delicious!</p> <p>Alternative: slice apples into dish and sprinkle with cinnamon sugar mixture and proceed with recipe.</p> <p>Source: http://www.kidsacookin.ksu.edu/Site.aspx?page=Recipe&Recipe_id=17508</p>
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