

# Cooking for One or Two



## A Healthy Eating Plan is Essential

Individuals living in one-or-two-person households may find it challenging to plan meals, use leftovers, or justify the time required to prepare and clean up from a meal for one or two servings.

This lesson will provide tips for individuals preparing healthy meals in a one-or-two-person household. Participants will gain knowledge of how to prepare meals at home while utilizing knowledge gained to reduce food waste, maintain their food budget, and follow food safety guidelines.

**Knowledge at Noon** will be presented in St. Francis on January 7 at noon CT

January 14 in Goodland at noon MT

January 15 in Sharon Springs at noon MT

All programs will be held in the Extension Offices in those counties.