Many times if we cook or prepare a meal for only ourselves we may have too much leftovers. When we have a lot of leftover foods, it may spoil quickly because we cannot eat it very fast. How can we avoid wasting food, and still cook the foods we love to eat? Sharing our food is a way that we can prepare a larger quantity of food without having to eat the same thing over and over again.

Here are some ways we can share a meal with another person:

Take turns preparing meals with a group of friends or relatives:

- Have a “themed” meal in which a different type of cuisine is prepared (Italian, Filipino, Hawaiian, Japanese, Chinese, Local Favorites, etc.).
- Rotate “holiday themed” meals with friends such as Valentine’s Day, St. Patrick’s Day, Fourth of July, Halloween, etc.
- Eat a meal and watch favorite television shows with neighbors.
- Plan game days. For example, have a BINGO night or play cards while our eating favorite foods.

Share a meal with a friend or relative

- Split an entrée or plate lunch.
- Find places that offer a “senior discount” or “early bird specials” for seniors and share with a friend or relative.
- Invite family or friends over once a week.

* Please check with your doctor or health care professional before making dietary changes

Funded by:
Executive Office on Aging
In collaboration with:
University of Hawaii
College of Tropical Agriculture and Human Resources
Cooperative Extension Services
Food Stamp Nutrition Education Program