



Cooking at Home Tips and Tricks

You may find yourself cooking from home more than ever. That means cleaning up kitchen messes and occasionally dealing with that chicken you forgot you put in the oven. But cooking at home should be fun!

Below are some tips and tricks to help your cooking at home skills:



PREPARATION TECHNIQUES

Fried or grilled? Baked or sauteed? It's up to you! When we prepare our food at home, we can make healthier choices. Ration that oil or butter. Grill instead of fry. Cut down on salt. These healthy swaps/reductions can help decrease calories.



DE-STRESS AND MAKE IT SOCIAL

Cooking is a great way to unwind at the end of the day. Make it fun by cooking with your whole family or roommates! You can even host a virtual cooking party with friends where you decide ahead of time what you are going to make and then cook all together online!



GET CREATIVE

We can stimulate our brains by learning new recipes and skills in the kitchen. Once you get comfortable you can make it fun by trying new techniques, putting new spins on recipes and getting creative in the kitchen!



MAKE IT FUN

A lot of us have extra time since we are not commuting back and forth to work so, use this as an opportunity to make cooking fun! Instead of buying pre-made meals try to buy the ingredients to build the same dish. For example, buy a pre-made crust, sauce, cheese and your favorite toppings to build a homemade pizza instead of buying frozen!



PORTION SIZES

Whether we're cooking for one or an entire family, cooking at home helps us control how much we make. For packaged, prepared, or restaurant foods, portion sizes can often be double or triple what we need. This may cause us to overeat, simply because the food is on our plate.

