



# Cooking with MS

First consider what is your primary barrier to food preparation and eating healthy?

Cognition & organization

Too busy

Too fatigued

Planning and purchasing

Vision Difficulties

Difficulty Cutting

Something Else?

## **Ideas to improve and make cooking easier:**

- Organize menu lists and recipes. Plan ahead for the week. Use technology resources (i.e the ultimate recipe search, meal planning apps)
- Use a shopper assist/grocery delivery service
- Stock up for impromptu meals
- Buy pre cut items to simplify preparation (pre cut veggies, pre-minced garlic, pre-shredded cheese)
- Keep a list of regularly stocked pantry items and check things off the list when you run out.
- Pace yourself (prep sessions, delegate, use timer to stay on task)
- Arrange kitchen to empower you (get rid of clutter/frequently used items within close reach)
- Use tools to make the job easier
- Use energy conservation techniques while you work (sitting while cooking)
- Consider your kitchen environment (lighting, temperature, distractions)
- Packing things smartly (Freezing individual servings of leftovers)
- Prepare food that can be used for multiple meals (cooked chicken for soup/tacos/chicken salad)
- Make cleanup simpler (aluminum foil linings, disposable plates)
- Meal sharing system with a friend to reduce cooking.