



Cooking for One or Two: Ready-Made Meals



Meals can be quick and easy if you start with a ready-made food item from the grocery store. The cost may be worth the convenience on days when you just don't feel like cooking. Selection is increasing as grocers and food producers cater to people looking for nourishing and convenient foods. You'll find items in all areas of the store, from the freezer section to the deli and canned good aisles.

Use a ready-made food item as the basis of your meal, adding from other food groups to make the meal nutritionally complete. For example, to a meat entrée add milk, a whole-grain bun and vegetable or fruit. Try to have at least three out of the four food groups at every meal.

(For more information on meal planning using Canada's Food Guide to Healthy Eating, see Senior Friendly Ideas for Healthy Eating 1.)



Other places to find prepared food

You can also find ready-made foods and meals at specialty frozen food stores, restaurants (take out, eat in or delivery), Meals on Wheels and various community meal programs. Contact your local senior centres for more information on meal programs in your area.

Some Ready-Made Food Items

Frozen foods

- ⊗ Meat balls.
- ⊗ Hamburger patties.
- ⊗ Shepherds pie.
- ⊗ Lasagne.
- ⊗ Meat pies – beef, chicken, turkey.
- ⊗ Chicken fingers, wings, nuggets, etc.
- ⊗ Frozen fish fillet, patties, cakes.
- ⊗ Fish and chips.
- ⊗ Frozen dinners.
- ⊗ Pizza.
- ⊗ Macaroni and cheese.
- ⊗ Cannelloni.
- ⊗ Cabbage rolls.
- ⊗ Perogies.
- ⊗ Potato patties.
- ⊗ Waffles and pancakes.

Canned meals

- ⊗ Hearty soups.
- ⊗ Stews.
- ⊗ Chili.
- ⊗ Pastas.

Deli items

- ⊗ Salads – chicken, potato, macaroni.
- ⊗ Jellied and vegetable salads.
- ⊗ Meatballs.
- ⊗ Roasted chicken and pieces.
- ⊗ Cold meat slices.
- ⊗ Cheese slices.
- ⊗ Pizza.



Adapted from Calgary Regional Health Authority.

