

## Changing our Food Attitude

- Step 1:** Start thinking about food as fuel for the **body**. Food is the energy we need to keep our bodies moving. Eat for health and not just for what looks or tastes good.
- Step 2:** Overlook the pretty labels in the grocery store. Packaging sells to the consumer. If it's not healthy, don't buy it.
- Step 3:** Change your perception. People become accustomed to eating what they know they like. Be courageous and try new foods that are **good for you**. You might like it if you give it a chance.
- Step 4:** **Go green**. The entire world is trying to go green to save the planet. That should tell you something about what you need to eat to **stay healthy**. Green foods are vital to **your health**. Eat spinach, kale and broccoli.
- Step 5:** Create a pleasant environment to enjoy your food. Don't eat and run. Turn on some soft music, light a candle and sip a beverage from a stem glass, even if you are dining alone.
- Step 6:** Discipline yourself. If you typically eat whatever you crave, learn to stop and think before you put the food in your mouth. Keep a food journal. Review it often to see where you need improvement.
- Step 7:** Make a conscious effort not to waste food.
- **Buy fewer groceries**
    - **Always go with a list and stick to it.** Prepare a list of everything you need, pulling from your weekly menu (next tip) and checking to make sure you don't have it in your pantry, fridge or freezer.
    - **Plan out a weekly menu.** This is the best way to ensure that your list is complete, and that you have enough to serve your family dinner for the week. Be sure to plan a leftovers night.
    - **Buy frozen veggies.** While fresh veggies are a little better, frozen veggies are almost as good, and much better than nothing. And since you can keep them in the freezer, they rarely go bad.
    - **Use everything possible.** Got a bunch of leftover ingredients (half an onion, a bit of tomato, some pasta, a few other veggies?) ... combine them for a quick meal, so that these don't go to waste before your next grocery trip. The more you can stretch the food, the less you waste.
    - **Don't waste leftovers.** Have a list on your fridge of what leftovers are in there, so you don't forget about them. Plan a leftover night or two, so you're sure to eat them all. Pack them immediately for lunch, so they're ready to take the next morning.
  - **Cook ahead.** Cook food in big batches and freeze dinner-sized portions. Planning includes coming up with a menu and shopping, cooking enough meals for a week or a month. But once

you're done, your meals each night (and for lunch if you like) are quick and easy. This saves you from eating out or eating convenience food when you're hungry but too tired to cook.

- **Eat out frugally.** If you do eat out, but if you do...
  - a. **Don't order two dinners.** If you go to a restaurant with your partner, order one dinner and an appetizer and split it. Restaurants typically serve way too much, which is costly and unhealthy (if you try to finish it).
  - b. **Make a second dinner on leftovers.** Start by eating the veggies or bread, then eat the actual meat item last. You might be so full from the warmup stuff that you don't eat much meat. Then take the meat home and use it for a second dinner the next night. Two dinners for the price of one!
  - c. **Just order side items.** A salad and an appetizer can often make for a delicious but affordable meal for one.
  - d. **Drink water.** You go to a restaurant for the good food, not the soda or alcohol. You can get those for much cheaper at a grocery store. Drink water, perhaps adding a slice of lemon for taste.
  - e. **Skip dessert.** If you're eating at a sit-down restaurant, dessert is often a rip-off. Pick up a carton of ice cream on the way home, and save a bunch.

Step 8: Read the [Slow Food Manifesto](#); it's about a lifestyle.