



# Conserve YOUR energy in the kitchen

You may know how to conserve water, electricity or gas. But you may also need to learn how to conserve your own energy in the kitchen. Has cooking become a chore you no longer enjoy? If so, you may need to think again about how much effort you can afford to put into making meals. Cooking should be fun, not tiring. Eating better should make you feel better!

**1<sup>st</sup>** Decide what aspects of food and eating are most important to you

**2<sup>nd</sup>** Plan to prepare meals at the time of day when you have the most energy

**3<sup>rd</sup>** Do things as simply as possible ... Be gentle on yourself

**Try to:**

- Cook at a restful, easy pace
- Sit down while cooking
- Do heavy preparations and then light ones
- Treat yourself to soothing music as you cook
- Listen to the radio or talk to a friend on the phone while you do mindless chores
- Divide harder tasks over many days
- Assign harder tasks to others when possible
- Accept offers of help from caring family members and friends
- Consider joining a community kitchen or sharing cooking tasks with a friend or neighbour
- Avoid rushing yourself, you will make fewer mistakes and be less likely to hurt yourself while cooking
- Be flexible ...allow time for the unexpected
- Pay attention to your body's signals; don't push yourself beyond your limits

**4<sup>th</sup>** Plan restful times during the day ... STOP before you become over tired  
(Take a break, rest 10 minutes per hour)

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