

Cooking From Scratch

Why we care

Most people do not cook at home with a deep fat fryer or add their own high fructose corn syrup. By cooking from scratch, you have better control of ingredient quality, freshness, portion size, and calories. You get to put exactly what you want in your food and don't have to worry about artificial additives or too much saturated fat, sugar, and salt. You also limit the amount of natural resources used that would otherwise go into packaging, shipping, and processing your food. Cooking links us to nature, to our bodies, and it can be a great family bonding experience.

Simple, positive change

- Phase in your scratch cooking:
 - Start with simple things, like washing greens, chopping fresh vegetables shredding cheese, baking cookies, cooking cereal, and prepping your own pot of soup.
 - Then, move to items that take a little more time: waffles, muffins, granola, yogurt, sandwiches, and pasta dishes. If you find that you enjoy baking, make your own bread, pizza, and pies.
- Crockpot meals are a great time-saver. Put one together in the morning and come home to a home-cooked meal.
- It's just as easy to make a large casserole or stew as a single meal's worth. Freeze a portion for a quick meal in the future. On the weekend, cook some basics, like rice and beans, and chop hardy vegetables. They'll keep for a week in the fridge, making it easy to whip up a stir-fry.
- Turn your from-scratch cooking into a social activity! Get your family or some friends together to make big batches of a few different items, and then divvy it all up to enjoy!

Questions or feedback? Contact Jeanne Roy at jeanne@earthleaders.org.