



#LetsCook30

STARTER'S GUIDE

#LetsCook30 is a program to challenge you to cook at least one meal or more for 30 days!

#LetsCook30 can be completed at any time of the year. Perhaps you feel like you have been eating out too much, or relying on convenience foods. Or maybe you're in a rut and cooking the same thing day after day. **#LetsCook30** challenges you to find new and simple recipes, to jump out of your comfort zone, to pick up some new skills, and add interest to your cooking.

Leading a healthy lifestyle, saving money, reducing food waste, bringing friends and family together and exploring new food and recipes are all benefits to cooking at home. By getting in the habit of cooking more often, you will experience many benefits, gain confidence and have fun.

How does it work?

The challenge is to cook at least one meal or more each day for 30 days. It doesn't matter if it's breakfast, lunch or supper. Recipes are available on our website. Do you have to follow our recipes? Absolutely not! Think of them as simple ideas and inspiration, so feel free to use your own recipes and imagination.

PUBLIC HEALTH

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york.ca/letscook30

You may be thinking, what does cooking a meal a day for 30 days look like?

To be honest, we just want you to get started in the kitchen or if you already cook, to cook a bit more. Our definition of cooking is **combining two or more ingredients**. So is making a salad cooking? Yes! Making a quick stir-fry with leftovers? You bet! How about making [pizza](#) by using a ready-made pizza crust like a pita or naan and adding your own toppings? Now you're cooking! Our team will be cooking alongside you. We are on this journey together!

Let's get started!

1. MAKE A SIMPLE MEAL PLAN EACH WEEK

Meal planning for a week not only helps you save money with your grocery bills, but it will also help you reduce the amount of food you throw away. A meal plan is just a simple breakdown of what you will make in the coming days. Feel free to use our [meal planner](#), to keep you on track.

2. TRY SOMETHING NEW

One of the benefits of participating in **#LetsCook30** is finding new and simple favourites to add to your list of "go-to" recipes. Jump out of your comfort zone and try new recipes, pick up new skills and keep your daily cooking as interesting as possible.

3. TURN YOUR LEFTOVERS INTO PLANNED-OVERS!

Using leftovers for a new recipe base can help you save time on busy days and reduces your food waste. For example, if roasting squash, cook two. Use the second squash to make soup or add it to a '[bowl](#)'. Making planned-overs is a great way to get your creative juices flowing.

4. BE A SAVVY SHOPPER

Try to only buy food you need and check your fridge and pantry for items that you already have. New to cooking at home? Here is a list of [basic pantry/staple items](#) that are handy to keep stocked. Look for [seasonal fruits and vegetables](#) when possible.

5. BRING YOUR FAMILY AND FRIENDS TOGETHER

Cook a meal together with your family and friends. This is a great way to chat about the day, connect, share memories and pass on traditions.

6. NEED A BREAK?

Sometimes life makes it challenging to cook every day so feel free to take advantage of three "passes" during the challenge. Use the "passes" however you like... go out for a meal or have others cook for you. Whatever the reason, use the passes when you need them.

7. SHARE, SHARE AND SHARE!

Be part of the **#LetsCook30** community by sharing your creations on social media by using **#LetsCook30** and tagging [@YorkRegionGovt](#). Inspire others with your meal ideas by sharing how you overcame a challenge and get new ideas for your next recipe.

For more information, visit
york.ca/letscook30