

Making meals together at home



Rediscover home cooking...together

Therapeutic Recreation professionals know that when we are kind to our mind and body, we are building mental and physical strength and resilience, too. As we all try to practice social distancing during the COVID-19 pandemic by staying at home, here are some tips, shared from Therapeutic Recreation professionals, to help you engage with children, adults, clients and families over food.



Cook your meals together

Nothing brings people together like food. During this time of social distancing, however, dining out is not on the menu. Spending more time at home presents a great opportunity to rediscover cooking home cooked meals together. Get your family and other loved ones involved. Cook together, eat together, and of course, clean up together, too!



Eat healthy

Good nutrition is always important. We all need our vitamins and minerals, so pull out your cookbooks and find recipes online containing healthy ingredients. Then order your groceries online. Before you know it, voila, you have a delicious meal on the table.



Get creative!

Don't have all the ingredients on hand? Be creative with your substitutions. Instead of chicken parmigiana, enjoy chicken cheddar! Love mac and cheese but can't make a white sauce? Cheez Whiz makes a yummy substitute! Now is the time to check your pantry and try new recipes.

Bon appetit!

Therapeutic Recreation benefits everyone

Therapeutic Recreation is a collaborative and purposeful process facilitated by trained professionals offering recreation and leisure assessment, planning, intervention and evaluation to achieve individual goals. The profession uses meaningful recreation and leisure education, counselling and experiences to promote, restore, rehabilitate, and/or maintain quality of life and well-being. Therapeutic Recreation supports the development of strengths while addressing social, emotional, physical, spiritual and cognitive needs.

To learn more about what Therapeutic Recreation professionals do, visit www.trontario.org