

Quarterly Companion

AROUND THE TABLE

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Cooking at Home: A Healthy Habit

Cooking at home supports healthier eating and better manages conditions like diabetes, heart disease, or special diets. It allows recipes to be modified to reduce sodium, sugar, and unhealthy fats. It helps to increase hydration with less sugary drinks. It also may boost brain health by including more fruits, vegetables, and healthy fats while strengthening cognitive skills like meal planning and decision-making.

Why Cook at Home?

- Healthier meals: Less fat, sugar, and sodium; supports special diets
- Better nutrition: More fruits, vegetables, whole grains, lean proteins, healthy fats, and water
- Brain support: Fewer processed foods, more planning, and decision making

Plan: Shop the pantry first, then make a list. After shopping, put groceries away and prep for the week. This makes cooking easier and reduces the urge to eat out. Enjoy the experience by playing music, picking a theme night, or inviting a friend. Add new recipes that include brain-healthy foods. Try the MIND diet, which blends the Mediterranean and DASH diets to support brain health:

- Eat more fruits, vegetables, berries, fish, nuts, seeds, whole grains, and healthy fats.
- Eat less red meat, sugary drinks, desserts, fried, and processed foods.

Be Food Safe

- Wash hands.
- Use a food thermometer to ensure food is cooked thoroughly.
- Label and date leftovers.
- Follow the four food safety rules: clean, separate, cook, and chill.

Check-in Quiz

1. What are the benefits of cooking at home? Choose all that apply.

- A. It lowers the intake of fat, sugar, and sodium.
- B. It boosts brain health.
- C. It increases food delivery costs.
- D. It supports special diets.

2. True or False:

The MIND diet combines DASH and Mediterranean diets.

3. Name a brain-healthy food:

4. List a kitchen safety tip:

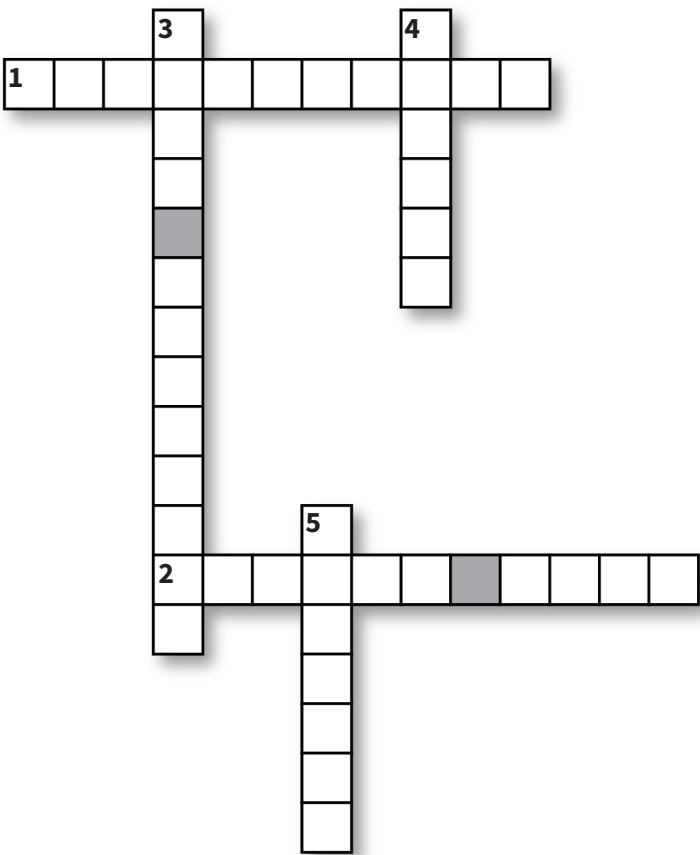
Answers
1. A,B,D
2. True
3. Fruits, berries, fish, nuts, whole grain
4. Wash hands, use a food thermometer, label leftovers, follow safety rules

Comparison Shopping

Comparing prices can help save money. Using coupons, shopping sales and in-season items, as well as comparing brands or options, can benefit the budget. Learn to use unit prices and decide if buying in bulk fits the needs. Focus on what’s necessary and consider if purchases align with financial goals.

Before buying, ask: Do I need this or just want it? Can I afford it without hurting my budget? Can it wait? Smart choices help avoid financial regrets later.

For more information, visit go.illinois.edu/FFB2506.



Crisp Days, Cozy Ways

As the seasons shift and the air turns crisp, it’s the perfect time to embrace new adventures and stay active. Keeping active, connected, and engaged is key to well-being.

Use the clues in the crossword puzzle below to uncover fun and thrifty ways to enjoy the fall season.

Clues:

Across

- 1. Spending time with others, whether over coffee, a card game, or a shared activity, helps keep spirits high.
- 2. Take in the vibrant fall foliage at a local park or around your neighborhood while getting some fresh air and exercise.

Down

- 3. This relaxing activity is especially rewarding during fall migration.
- 4. Pack a thermos of warm cider, a cozy blanket, and enjoy a meal or snack outdoors.
- 5. Carve one of these festive gourds and don’t forget to toast the seeds for a tasty treat.

5. Pumpkin
4. Picnic
3. Bird Watching
2. Nature Walk
1. Socializing
Answers

Learn more about wellness in nature at go.illinois.edu/WN.



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