



For Immediate Release

Contact: Mary Ann Sabo
Sabo Public Relations, 616.485.1432
maryann@sabo-pr.com
and
Kristin Lynn
Sabo Public Relations, 248.709.1405
kristin@sabo-pr.com

Hospice of Michigan Unveils Cookbook with Cooking Class Teaching Simple Strategies when Cooking for One

Grand Rapids, Michigan, June 26, 2014 – Hospice of Michigan will unveil its cookbook, “A Meal for Me,” during a cooking class teaching simple strategies when cooking for one, on Saturday, August 23.

“After someone loses a spouse or family member, mealtime can become a big challenge,” said Desiree Davis, grief support services. “A person who is used to cooking for several people or who isn’t used to cooking at all can really struggle with the concept of cooking for just themselves. As a result, we often see people turn to fast food or unhealthy meal options – which can lead to health issues down the road.”

The “A Meal for Me” cookbook, which was developed using a collection of recipes from HOM’s extended friends and family network provides single serving recipes and helps readers develop skills in preparing simple, healthy and flavorful meals for themselves – without spending hours in the kitchen. Recipes include:

- Miniature quiche
- Baked frittata
- Apple, celery and nut salad
- Potato soup
- Turkey Caesar sandwich
- Stir fry for one
- Sesame shrimp with noodles
- Pork chop with pineapple salsa
- Baked caramel apple

The cookbook also offers measure and temperature conversion information as well as ideas on how to use larger portions of meat and cans of soup or vegetables with different recipes during the week.

To help introduce the cooking for one concept, HOM and Blandford Nature Center will host an open house style event from 4:30-7 p.m. at Blandford Farms, 3143 Milo St. NW. Guest will be invited to participate in many activities, including cooking demonstrations, food sampling and farm tours.

While attendance is free, registration is requested. Contact Davis at 616.356.5258 to register or for more information.

The “A Meal for Me” cookbook will be available online at hom.org. Those who attend the cooking class will have an opportunity to preview the cookbook and learn how to obtain a free copy.

About Hospice of Michigan

A nationally recognized leader in end-of-life care, Hospice of Michigan is the original – and largest – hospice in the state. The non-profit cares for more than 1,400 patients each day in 56 counties across Michigan, raising more than \$4 million each year to cover the cost of care for the uninsured and underinsured. HOM offers a broad range of services to enhance the quality of life at the end of life, including At Home Support™, our advanced illness management program, community-based palliative care and pediatric care programs. HOM provides grief support and counseling, caregiver education and support, and education programs for physicians and healthcare professionals through its research, training and education arm, the Hospice of Michigan Institute. For more information, call 888.247.5701 or visit www.hom.org.

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