



Group Meal-Making: Fun & Creative Ideas

Cooking with other people can be fun — and very productive. Below are a couple of unique ways to create a supply of future meals in one session and have a great time along the way.



Meal Prep Parties (from Aging In Place and Simply Sissom) — If you love to cook, are well-organized, and have a good-sized kitchen, this is a wonderful option for pre-cooking great meals while spending time with friends or family.

In a meal-prep party, 3-4 people get together and cook together. Everyone contributes a recipe; one person does the grocery shopping; and everyone chips in on the bill. On the afternoon of your party, each person brings their own freezer bags and plastic containers for take-home. Divide the recipes up among everyone in attendance and get started cooking.

This guide from [Simply Sissom](#) is a detailed look at four specific meals — most useful as an overview. The author's best idea: Everyone chops everything together first, then each person cooks one of the meals.

[PlanAMeal-PrepParty-SimplySissom](#)



Chefs for Seniors (844-237-2433) This unique service, available in nearly 50 metro areas of the U.S., features a local chef who comes to your home and cooks for you! In an hour or two, the chef will create multiple servings of four different meals for you to refrigerate or freeze. The bonus is that you enjoy interacting with the chef, while watching and learning. Depending on your area and your food choices, the cost starts around \$100 (plus the cost of groceries) for 10-12 meals, so it's a fairly reasonable option.

[chefsfor seniors.com](#)