Foreword

During my more than two decades as a psychiatrist I have had the privilege to work with many people who have suffered from the effects of a severe mental illness. One of my greatest joys is in watching these courageous people move from being surrounded by their illness into taking control of their lives and being in recovery.

Julie McClure and the numerous consumers she worked with have created a booklet by consumers for consumers of mental health services to help in recovery. It started as a cookbook where people who have already learned how to manage their own kitchen could share their experience and knowledge with people who are just leaving a state hospital or assisted living facility and must learn how to grocery shop and cook for themselves. This is a life skill that can really benefit by sharing from others who have already learned these skills. The cookbook is a tool for this sharing.

The cookbook offers much more than recipes. It offers suggestions to speed the movement to recovery, and encouragement along the journey. It offers tips to get and stay healthy and tools to set goals and mark your progress. It also offers some humor – and I had to chuckle a few times as I read the booklet.

I hope you enjoy the booklet as much as I did.

Susan Boust, M.D.
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## Appendix
Thank you to the following for their contributions to Recipes for Wellness and Recovery

Assertive Community Treatment Team Life Skills Group

Behavioral Health Education Center of Nebraska (BHECN)

Community Alliance Assertive Community Treatment Team

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Ken Timmerman

Teresa Sullivan

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For a pdf copy, visit the BHECN website at: http://unmc.edu/bhecn

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Recipes for Wellness and Recovery

Introduction

What is wellness? We can look at wellness as a process of making choices that help us live more successfully. Recipes for Wellness and Recovery focuses on the areas of physical, mental, and emotional wellness. Many of the ideas presented may affect more than one area of wellness. For example, good sleeping patterns can improve physical, mental, and emotional wellness. The information in this book can be used to identify personal goals for wellness and “recipes” to help you reach them.

Sleep affects:

1) Emotions

2) Thinking

3) Health
Dear Reader,

About this book-

This book was written with contributions from mental health consumers to share with other consumers. However, we invite readers who are interested in gaining a better understanding of the experience of mental illness and recovery to read this book. We hope its contents will stimulate conversations and ideas about wellness and recovery.

A group of mental health consumers who participated in the Community Alliance Assertive Community Treatment (ACT) Program’s Life Skills group contributed ideas on recovery. ACT clients, ACT Team staff members, and ACT psychiatrists contributed recipes for the cookbook.

About the experience of illness and recovery -

For mental health consumers, recovery is much more than treating and managing symptoms. Mental illness affects all aspects of our lives. It alters how we think, feel, and behave. When we first experience symptoms we may feel that we are losing ourselves to something we don’t understand and can’t control. At times, our symptoms may be so severe that we may not be able to recognize that something is wrong. The loss of our sense of self, of who we knew ourselves to be, can feel devastating.

Due to our illness, we often experience other losses as well. We may lose our ability to further our education, or lose a job. We may lose friends and family, and find it difficult to have good relationships with others. We often struggle financially, may become homeless, and may even go hungry.

For most of us, medications help control our symptoms. For some, symptoms may stop or improve without medications. Sometimes medications cause side effects, which can range from being mild to debilitating. Taking medications may impair our physical wellness. Some of us accept this as a kind of trade off for having better mental health, some of us don’t. Too often, our greatest loss is hope. Hope is something that usually seems to exist somewhere beneath our conscious awareness. When we experience depression, or suffer major losses, we often become acutely aware of feelings of hopelessness. It is then that we more fully understand that hope is having a sense of optimism about our lives. In hopelessness, there is little or no optimism. It can cause us to devalue ourselves and lose the sense that good things are still possible in our lives. We may even lose the motivation to take care of ourselves.

Our challenge is to overcome our losses, manage our illness, and continue to grow as human beings. Often, we find that we must redefine ourselves and our life goals. Sometimes we must learn to tolerate and accept the things we are not able to change. There are many pathways in the recovery journey and, although each individual’s journey is unique, we share many of the same challenges and concerns.
Like all people, we need the basic necessities for survival. We also need friends, peers, and intimate relationships. We are most motivated when we have the opportunity to make choices for ourselves. We need to learn to accept ourselves and nurture our inner selves so we can work to attain the highest level of wellness possible for us.

Recovery can be a tough road. We can get better and be working to achieve our personal goals and suddenly experience a return of symptoms. We may also encounter serious problems with our physical health. We may lose many of the things we have gained, such as housing and other survival needs. We all want to move forward with our lives, but our ability to do so is not always under our control.

Each of our lives should be defined by our accomplishments and character and not by our illness and symptoms. Each of us has our own dreams, aspirations, talents, interests, and ability to participate in life. Being recognized and accepted in our society and workplace can go a long way toward giving us the ability to accept and appreciate ourselves.

What I find remarkable in so many of the consumers I have come to know, is their resilience to cope with difficult situations, their ability to tolerate their illnesses and discomforts, their willingness to do the work of recovery, and their eagerness to define their lives in ways that give them feelings of success and happiness.

The purpose for writing Recipes for Wellness and Recovery was to offer some “recipes” to assist mental health consumers with the work of recovery, to share experiences, and to provide a little humor along the way. And, due to the fact that achieving wellness is hard work and that we need to eat in order to work, we actually did include a cookbook.

Julie McClure, MA
Peer Support Specialist
Health Educator
RECOVERY

CONCEPTS
We all have trouble at one time or another following a routine. When we are experiencing symptoms of our illness we may have difficulty organizing our thoughts and activities. We should talk to our doctor if we don’t have a good appetite and don’t feel like eating. Having problems getting to sleep and staying asleep should also be discussed. Sometimes there are things we can do with the help of a health care worker that can help improve these problems. Generally, having routines in our lives can help us function and think better. Here is a daily routine for you to try.

**Good sleep habits**

Go to bed and get up at the same time each day. Our bodies produce hormones that help us sleep. Irregular sleep times interrupt our body’s natural sleep rhythms. [http://www.medicinenet.com/](http://www.medicinenet.com/)

**Set an alarm clock**

Usually 7-8 hours of sleep should be sufficient. Try not to get too much or too little sleep. *Then get moving!*
Getting ready for the day!

- Wash your face; this will help wake you up!
- **Brush and floss your teeth** to remove food debris, bacteria, and plaque. Plaque is the white substance that forms on teeth and can cause gum disease and has been linked to heart disease. Brushing makes your breath smell fresher, too.
- **Try to take a bath or shower 1 to 3 times a week, more when needed.**
- **Apply underarm deodorant**
- **Brush or comb hair**
- **Get dressed; put on clean clothing.** Choose clothing appropriate for the weather and planned activities if you are going out.

**Tip:** Be prepared for changes in temperatures by layering your clothing. If you don’t feel cold when it is 45 degrees or less, as some of us don’t, wear a coat anyway. Fingers, toes, and ears are especially vulnerable to the cold so keep them covered. Frostbite can result from skin being exposed to too much cold and can damage nerves and tissue. [http://www.emedicinehealth.com/frostbite/article_em.htm#](http://www.emedicinehealth.com/frostbite/article_em.htm#)
Refuel your body each morning.

Start your day with breakfast to rev up your metabolism (how your body uses food and burns calories in the process).

Tips: Fruits offer natural sugars that can give you energy and help keep you alert. Apples are a great choice, and provide needed fiber too. Other good choices include whole grain cereals and breads, low fat and fat free dairy, eggs, and meats that are low in fat (sausage and bacon are high in fat, look for packages marked low fat or limit how often you eat these).

Healthy meals: Cooking for 1 or 2 – MayoClinic.com
Snack smart during the day.

Have one snack mid-morning and one mid-afternoon. A healthy snack, along with regular meals, can keep energy levels steady throughout the day by regulating blood sugars. This can help keep your mood stable.

www.ncbi.nlm.nih.gov/pubmed/12034132

Tips: Avoid or limit the kind of sugars that are found in white breads, candy, soda pop, etc. Do try energy bars, whole grain crackers, fruits, vegetables, and low-fat dairy like yogurt or cottage cheese. A handful of almonds, walnuts, or macadamia nuts provide healthy fats (yes, there are healthy kinds of fats which our bodies need). Our bodies also have to have water to keep working. Drinking a few glasses of water a day works best to keep you hydrated. Some good news here, water is FREE!

www.MayoClinic.com
Exercise! Ask your primary care doctor to recommend an exercise program for you and try to stick with it. Exercise can quickly add to our sense of well-being and can even improve mood. For many of us, however, exercise has its challenges. Being overweight, having physical problems, experiencing tiredness from medications, and other concerns can make getting exercise difficult.

www.nih.gov

Tips: Doing any activity that increases one’s heart rate is helpful. Even stretching exercises can benefit us. Walking is a good activity for most people. It’s a good way to get moving without needing expensive equipment. Try dancing as you do your chores. Swimming is often recommended for people who have joint problems (particularly knees, hips, ankles, shoulders, or elbows). Be creative. If we sit or lie around too much our muscles aren’t getting needed exercise and can become weak. This puts us at risk for falls and other injuries. Doing physical activities with friends or families can add some fun to our fitness efforts.

www.mayoclinic.com
Eat lunch and dinner

Eat healthy meals. We’ve all heard this by now. What is healthy food? Generally, it is food that provides the nutrients that our bodies need to function well and to help prevent diseases such as heart problems, high blood pressure, and high cholesterol. There is a lot written about nutrition. Perhaps the simplest way to eat healthy is to eat a variety of foods in order to get the nutrients we need.

Tips: Good choices can include: whole grain pastas, cereals and breads; brown rice, fruits and vegetables; fish, baked chicken, and beans provide protein and are lower in fats. Limit saturated fats found in foods such as red meats (beef and pork), butter, cheese, and other dairy products. Learn to read food labels. Some grocery stores now have nutritionists who can give you more information and help you make good food choices. People who eat healthy meals often say they feel better and have more energy. Good food choices can also improve the immune system and help us fight off colds, flu, and other illnesses. Supplements like vitamins can be helpful, but it’s a good idea to talk to your doctor before taking them. www.mayoclinic.com
Self-help refers to the things we can do for ourselves to help with our personal recovery. Consumers that attended the Assertive Community Treatment’s Life Skills Group at Community Alliance were asked what self-help activities they practiced. Here is a list of their responses. See appendix to make your own list!

- Take meds as prescribed by my doctor
- Learn about my meds and side effects, know what medications I am taking, talk to my doctor if I have any questions or concerns about medications
- Learn and practice ways to manage my symptoms
- Manage stress with how I think about things and use relaxation skills
- Work to improve my self esteem
- Learn and use coping skills
- Engage in leisure activities alone or with others
- Find time to relax
- Eat foods that are nutritious, learn about good nutrition
- Have regular sleep schedule, try to go to bed at the same time each night
- Get exercise. Join a gym. Walk, swim, lift weights, bicycle, aerobics, etc.
  Ask your doctor what kind of exercise would be best for you
- Join a support group
- Volunteer or find part time work
- Take a class in something I enjoy learning about or doing
- Have supportive people in my life
- Learn about my illness and try to understand my personal experiences with it
- Be aware of things that can trigger an increase in my symptoms and know what I can do about them
A Recipe for Meeting Life Head On

Resolve problems as they arise

Accept our responsibilities

Plan ahead
Be open to new experiences and ideas

Use our talents

Set goals to work toward
Feel good about our accomplishments!
Reaching for Recovery

*Things we can do for ourselves (sometimes with the help of others).*

Mental disorders can affect many aspects of our lives. We have come up with this list of topics and the discussions about them from personal experiences. You may find this list useful when considering new goals. As you read through them, identify which areas are strengths for you. Try to use your strengths to help you reach new goals. A page to write down your strengths and areas you want to improve on is included in the appendices at the end of this book.

**Physical well-being**

Many things affect our health. There are things we can do that can improve our health and reduce the likelihood of having serious problems. Eating right, exercising, and watching our weight are things we can do for ourselves. Addictive substances are almost always bad for our health. They can also make psychiatric medications less effective. If you choose to fight an addiction, you may want to enlist the help of others. Joining support groups for weight loss, smoking cessation, and other concerns can give us additional support and encouragement.

**Medication**

For many people, taking medications is one of the most important things they can do to control symptoms. Discuss your medications with your doctor. Report any side effects and ask any questions you might have about your medicine. Good communication on your part can help your doctor make decisions about your medication. It is often useful to learn the names and appearance of medications and their possible side effects. You will get the most benefit from the medications by taking them exactly as they are prescribed.
<table>
<thead>
<tr>
<th>Topic</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safety and Security</td>
<td>Whenever possible choose housing where you can feel safe. When outdoors, be aware of the people around you. Stay in well-lit areas at night. Please don’t take rides from strangers or carry large sums of money with you. Keep your Social Security card in a safe place; do not carry it with you if at all possible.</td>
</tr>
<tr>
<td>Stress Management</td>
<td>Everyone experiences stress in their life at one time or another. For some, stress can trigger symptoms. Learning to use a few stress management techniques can help reduce the physical and mental effects of stress.</td>
</tr>
<tr>
<td>Self-Acceptance</td>
<td>Self-acceptance is being ok with who you are and how you look. For example, I may not like the weight I have gained, but I can still feel good about who I am. I can work at losing the weight, but I don’t have to let it keep me from appreciating myself. Focus on your positive qualities. Remind yourself that you are a person of value.</td>
</tr>
<tr>
<td>Making Friends</td>
<td>Friends are important. They can provide support, understanding, comfort, laughter, and much more. Being with friends can enrich our lives. Many of us go through periods of time when we feel lonesome. Joining support groups, going to church, or attending activities we enjoy can put us in touch with people who share common interests. You may find that you have to reach out to others first. Ask someone you like to have coffee, go to a movie, or engage in some other activity with you.</td>
</tr>
</tbody>
</table>
Quality of Life

Quality of life can be many things. Each of us has our own ideas about what we think a good quality of life is. Having all our basic needs met is of primary importance. Beyond that, we may desire certain things that make us feel satisfied and happy. If there are achievable things that would make your quality of life better, take note of them and consider how you can achieve them.

Spirituality

For many, spirituality can help find purpose and meaning in life. Meditation, prayer, and contemplation can provide a sense of comfort.

Personal Identity

Mental disorders can change how we see ourselves. It can change what we do, who we are with, family relationships, and many other aspects of our lives. We may find that we have to gain a new sense of who we are. If you are feeling a loss of personal identity, talk to people in your support system about this. People who care about you can help you strengthen your sense of self. Strive to achieve a positive self-identity.

Hope

Hope is a very important feeling for us to have. Unfortunately, having a mental disorder can diminish our feelings of hope. Being able to be optimistic that good things can happen in our life gives us a sense of hope. If you experience a loss of hope, ask yourself what can help you feel more hopeful? Sometimes depression can cause a person to feel hopeless. Medications to treat the depression can relieve this problem. Talk to others who can give you encouragement and support when you need it.
<table>
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<tr>
<th>Section</th>
<th>Description</th>
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<tbody>
<tr>
<td>Self-Determination</td>
<td>Self-determination refers to the decisions and choices we make for ourselves in life. We should all have the freedom to make choices for ourselves. Sometimes we make good choices with good outcomes; at other times we may make choices that do not have good outcomes. Self-determination requires us to be responsible for ourselves. Take time to think through your decisions. Get information that can assist you. Decisions made based only on our emotions might not provide the best results. Considering the facts along with our feelings can often help us make better decisions.</td>
</tr>
<tr>
<td>Potential</td>
<td>Potential is your ability to do a certain thing. We all have potential to accomplish many things. Believing in our abilities can provide the motivation we need to accomplish our goals and shape our lives.</td>
</tr>
<tr>
<td>Social Belonging</td>
<td>Many of us have found ourselves feeling isolated. Financial constraints can keep us from doing many of the things we would like to do. Tight budgets are a common problem for us and contribute to our isolation. There are social organizations that do not charge fees. Ask others if they know about listings of these organizations. We feel less isolated when we participate in activities with others. Sometimes it takes a little bravery to enter into social situations. If this is a goal for you, remember; believe in yourself and your abilities.</td>
</tr>
<tr>
<td>Personal Advocacy</td>
<td>Personal advocacy is speaking out for our rights and expressing our opinions in situations that are about us. When we tell a health care worker that we don’t want to take a certain medication because we cannot tolerate the side effects, we are advocating for ourselves.</td>
</tr>
</tbody>
</table>
Whenever we ask to be heard, we are advocating for ourselves. Advocacy is your right.

Peer Support

We can benefit in many different ways from spending time with our peers. Talking with someone who can relate to our experiences can feel reassuring. Most of us trust our peers not to be judgmental. As friends, we easily accept and appreciate one another just as we are. We can share our insights about illness and recovery and provide support and encouragement in a way that is unique to us.
More Ideas for a Successful Journey

Be open and honest with health care workers. It takes trust to allow us to let others into the privacy of our inner selves. If we aren’t able to trust someone, we should let them know this. The act of sharing ideas, feelings, and concerns about trust may be just what is needed to open the door to a more trusting relationship.

A question to ask ourselves: Are we doing everything we can to be well? If not, try to understand why. It can be beneficial to talk this over with a mental health care provider, a peer, or friend. They may be able to help us discover the answers.

If you are speaking with someone who makes you feel like you are being judged, let them know this. If they are still unable to communicate with you in a supportive way, find someone else to speak with who can.

Be good to yourself, appreciate your good qualities, and think positive thoughts whenever possible. Make an effort to connect with yourself, your family, your friends, and your environment. We can gain a greater sense of wholeness and wellness when we feel connected.

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Lifestyles: a summary

Each of us has our own unique lifestyle. We have included many ideas concerning lifestyles in this book for your consideration. There can be times when dealing with our illness is all we can do. As this is the most important “job” we have, we need to allow ourselves to focus on this and not feel weighed down with other concerns.

If you notice your symptoms increasing, focus on managing your symptoms. There are skills you can learn to help you do this. If you need more information, ask your health care worker. Check to be sure you are taking medications correctly. If not, tell your doctor about your medications and any symptoms you are having. (Certain medications should not be restarted at the same dose if you have not taken them for 3 days or more).
Trying to have a healthy lifestyle can be challenging. Finances can often limit our activities, our choices in foods, and time we spend with others. Many of us have found ourselves alone in front of the TV with a soda and maybe some smokes for several hours a day. While this may feel satisfying to us, it does not contribute to our overall wellness.

From time to time, we should ask ourselves if we are doing all we can to help ourselves. Some examples of these questions might be; are we getting exercise and good nutrition? Do we spend time doing other pleasurable activities? Do we spend time with others? Are we taking our medications? After you consider the answers to your questions, do you see a need to change a habit or start a new one?

Making changes in our lifestyle may involve several different behaviors. If our goal is to be healthier, for example, there are probably numerous changes we can make to achieve this. Make a list of the things you want to change. Then make each item on the list a separate goal. Try to break difficult goals into smaller goals and make a plan for each one. Estimate the period of time you think reaching each goal will take. Limiting the number of goals you are working on at any one time can help keep you from feeling overwhelmed. When you achieve your first goal, you should gain confidence in being able to achieve the others.

In the appendix at the end of this book, you will find a page called “Making Changes.” This page will help you set your new goals, work through possible barriers, and lay out your new plan.
Here’s wishing all of you success with your wellness and recovery!
Helpful ideas for your Kitchen ... “coming right up”

Things you’ll need

Cleaning

Safety

Budgeting

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## Items for the kitchen

### For adding flavors
- **Salt**
- **Pepper**
- **Spices**
- **Sugar – white**
- **Dried herbs**

### Perishables (refrigerate)
- **Butter**
- **Eggs**
- **Garlic**
- **Ketchup**
- **Mustard**
- **Mayonnaise**
- **Milk**
- **Salad dressing**

### Canned/Dry goods (cupboard)
- **Canned fruit**
- **Canned vegetables**
- **Tomato sauce**
- **Beans**
- **Rice**
- **Pasta**
- **Cream of chicken, celery, mushroom soup**
- **Spaghetti sauce**
- **Your favorite dry or canned beans**
- **Canned tomatoes**
- **Tuna fish**
- **Condensed soups**
- **Peanut butter**

### For Baking
- **Baking Soda**
- **Baking Powder**
- **Vanilla**
- **Brown sugar**
- **Cooking oil like vegetable or canola**
- **All-Purpose flour**
- **Granulated white sugar**
Cooking Equipment

___ Stirring spoons
___ Measuring spoons
___ Mixing bowls
___ Pots and pans
___ Pot holders
___ Can opener
___ Cutting board
___ Spatula
___ Sharp knives

Small Appliances (optional)

___ Toaster
___ Blender
___ Crock pot
___ Electric mixer
___ Food processor

Kitchen Supplies

___ Plastic storage bags
___ Aluminum foil
___ Dish detergent
___ Paper towels
___ Scrubbing pads
___ Vinegar (for cooking and cleaning)
___ Empty spray bottle
___ Cleaning cloths for hard surfaces
___ Dish and hand towels
___ Pot holders / hot pads
___ Bucket and mop (or cleaning cloths)
___ Broom
___ Trash can
___ Trash bags
Kitchen Cleaning Tips

There are many cleaning products available to use in the kitchen. Here are some ideas for low cost items that work well.

1. **Clorox and water**: Caution: Clorox can remove colors from fabrics and should not be left on a surface for longer than 15 minutes, read label directions carefully. Mix 1% Clorox to 10% water in a bucket or spray bottle. Clorox kills germs and can remove stains from countertops. It can be used on many hard surfaces such as doorknobs, light switches, appliances, sinks, and cupboards. It’s a good idea to wipe over the things you have cleaned with a Clorox solution with a clean cloth dampened with water only, and then wipe with a dry cloth.

   (For more information: www.clorox.com)

2. **Baking Soda**: Baking soda is a safe and effective cleaner and deodorizer. Add water to make a paste to clean counters, sinks, marks on walls, and other surfaces. It will not scratch. Use baking soda paste to clean and deodorize inside of refrigerator, then wipe with clean damp cloth. To remove odors, sprinkle dry powder on carpets, wait 15 minutes and vacuum. Sprinkle into shoes to deodorize.

   (http://www.armandhammer.com/PDF/AnH_Solutions.pdf)
3. **Vinegar**: Plain white vinegar is inexpensive and has many uses. For cleaning, mix with equal parts of water to wipe down counters, appliances, window blinds, floors, windows, and many other things. It is an excellent deodorizer which can remove smoke and other smells. Put full strength in a small bowl and leave near area where odors linger. It will absorb the odor. Put down drain to clean and deodorize. It also works on mildew, shines silver jewelry, unclogs sinks, and more. To clean a coffee maker, fill pot with vinegar and run through once, follow with 3 pots of plain cold water. ([http://www.vinegartips.com/Scripts/](http://www.vinegartips.com/Scripts/))

4. **Toothpaste**: A dab of regular white toothpaste applied to faucets and handles can make them sparkle. It can also be used to clean metal jewelry, remove tarnish, marks on walls, and stains. Keep a bathroom mirror fog free by wiping with toothpaste (remove with clean cloth).

**Kitchen Areas to Clean**

Counter tops, floors, stove tops, and ovens should be kept clean and free from crumbs. Bugs enjoy crumbs, so keeping your kitchen clean will greatly reduce germs and keep the bugs away. Clean the inside of your food cupboards every few months. Clean up spills as they happen. Wash fabric towels used for cleaning so you do not spread any germs from them around the kitchen. Using paper towels can help reduce germs as they are discarded after each use. Sponges and fabric towels can harbor germs which can be spread around the kitchen. If you do use these, wash them frequently in hot water and let dry thoroughly.
Kitchen Safety Tips

Wash hands thoroughly and often when handling food. It is especially important to wash hands with soap and water after handling raw meat and poultry. It is recommended that we wash our hands for 2 minutes to remove germs that may transfer to our hands. This may seem like a long time, but can keep germs from spreading or making you sick.

Use a separate cutting board for meat. Meat can contain germs which transfer to the board. Clean cutting boards with hot soapy water after each use.
Food will last longer in the refrigerator if stored in a container or wrapped, and will be less likely to pick up odors from other foods. Refrigerators and freezers should be set to the correct temperature. The fridge temperature should be between 38-40 degrees or set on a “medium” setting. Adjust as needed. It’s a good idea to check this when you first move in to your apartment.

Stove tops should be clean and grease free. Do **not** try to put out a grease fire with water. **Call 911** in case of a fire!
TIGHT BUDGET?

Try Saving with These Ideas

1. Before going to the store, check ads and coupons. These can be found in a newspaper, magazines, mailings, and websites. You can plan meals that take advantage of these savings.

2. Check the items you have on hand to help plan meals and make a list of items you need.

3. Compare prices of different brands. (Store brands are often less expensive)

4. You can store bread, meats, and other perishable foods in your freezer rather than your refrigerator to keep them for longer periods of time. This way, you will throw out fewer spoiled items.
Mix it up with...

Salads
Coke Hits the Spot Salad

1   box lime gelatin powder -- 8 serving size
1   cup Coca-Cola
10  ounces maraschino cherries -- drained and chopped
1   cup chopped pecans

Dissolve gelatin in one cup of hot water.

Add Coca-Cola, cherries, and pecans.

Pour mixture into serving dish and chill until firm.

Serve.

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Cold Pasta Salad

1   pound pasta -- cooked and drained
1/2  cup chopped celery
1/2  cup chopped green bell pepper
   Italian salad dressing -- to taste
   Shredded Parmesan cheese -- to taste, optional

Mix pasta, vegetables, and dressing in a large bowl and chill overnight.

Sprinkle with Parmesan cheese before serving.

NOTE: Use tri-color pasta for a pretty salad.

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Diet Salad

4 cups elbow macaroni
1 package tuna in water -- drained
1 can peas -- drained
4 stalks celery -- chopped
1 large onion -- diced
4 medium dill pickles -- diced or chopped
Salt -- to taste
Light mayonnaise -- to taste
Chow mein noodles -- for topping

Cook elbow macaroni, drain, and rinse.

In a large bowl, mix all ingredients except mayonnaise.

Add salt to taste, if desired.

Add enough mayonnaise to hold the salad together. Mix well.

Top with chow mein noodles and serve.

NOTE: Substitute pickle relish for chopped dill pickles.
Dilly Crab Salad

1/2 pound shell pasta -- medium size
8 ounces imitation crab -- flaked
3/4 cup sour cream -- (6 ounces)
3/4 cup mayonnaise
1 tablespoon dill weed
1 package frozen peas -- optional

Cook pasta, rinse in cold water, and drain.

Place pasta in large bowl and add crab.

Combine sour cream, mayonnaise, and dill; add to pasta mixture and mix well.

Chill until ready to serve.

NOTE: If desired, add frozen peas to the pasta during the last few minutes of cooking.

- - - - - - - - - - - - - - - - - - - - - -
Vegetable Bunny Salad

1 lettuce leaf -- crisp
1 pear half -- chilled
3 raisins
2 apple wedges
1/8 cup cottage cheese

Place crisp lettuce leaf on plate.

Put one pear half upside down on lettuce leaf.

Make bunny with narrow end of pear being the face.

Use 2 raisins as eyes, one as nose.

Use 2 apple wedges for ears.

Use cottage cheese for tail.

NOTE: Use canned pear halves.
Easy, tasty and healthy...

Soups
Basic Soup

2  14.5 oz cans chicken broth -- reduced-sodium variety
1  14.5 oz can crushed tomatoes -- with juice
1  8 oz can tomato sauce
2  tablespoons dried onion -- minced
1/4 teaspoon garlic powder
1  teaspoon dried basil -- crushed
3/4 teaspoon ground thyme
1/4 teaspoon black pepper
1  teaspoon sugar
6  cups vegetables -- fresh or frozen, non-starchy varieties
(See notes for suggestions)

In a large saucepan, combine all ingredients except the fresh or frozen vegetables. Bring to a boil.

Add vegetables and simmer until tender.

Optional ingredients to add: rice, pasta, beans, potatoes, meat, chicken, shrimp

For a vegetarian version, use vegetable broth instead of chicken broth.

NOTE:  Use any combination of broccoli, cauliflower, carrots, onions, leeks, mushrooms, green or wax beans, chopped spinach, zucchini, squash, celery, garlic, asparagus, cabbage, Brussels sprouts, peppers, chopped kale, or collard greens.
Chicken Noodle Soup with Vegetables

2 1/2 pound chicken -- fryer, broiled and cut up
1 quart water
4 medium carrots -- cut into ½ inch slices
4 medium celery stalks -- cut into ½ inch slices
1 tablespoon salt
1 teaspoon sugar
1/4 teaspoon pepper
3 cubes chicken bouillon
2 cups egg noodles -- uncooked

Heat all ingredients except noodles to a boil in a 4 quart Dutch oven; reduce heat.

Cover and simmer until chicken is done; about 45 minutes.

Cook noodles as directed on package.

Remove chicken from broth, cool slightly.

Remove chicken from bones and remove skin. Cut chicken into 1 inch pieces.

Add chicken and noodles to broth; heat until hot, about 5 minutes. Serve.

NOTES: Use thin egg noodles.
Clam Chowder

1 slice bacon
2 tablespoons onion
1 small potato
1/2 cup water
1/2 teaspoon salt
1 dash pepper
1 can minced clams
1 cup milk
1 cup butter

Cook bacon, drain on paper towels and reserve drippings.

Sauté onion in reserved drippings until tender. Set aside.

Combine potato, water, salt, and pepper and cook until tender.

Stir in clams, milk, butter, and onion.

Heat thoroughly.

Sprinkle crumbled bacon over each serving.
Cream of Cauliflower Soup

2 14.5 ounce cans ready-to-serve chicken broth
1 medium cauliflower -- separated into flowerettes (approximately 6 cups)
1 large stalk celery -- chopped (1/2 to 3/4 cup)
1 tablespoon lemon juice
2 tablespoons margarine or butter
1/4 cup all-purpose flour
1 1/2 cups milk
1/8 teaspoon pepper
1 dash ground nutmeg

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Food Humor

Why did the fly dance on top of the pickle jar?

Because it said twist to open.
Egg Drop Soup

1  3 oz package ramen noodles
1  small can mushroom stems and pieces -- drained
2-3  whole green onions -- chopped
1-2  medium eggs

Prepare ramen as directed.

Beat eggs in bowl with whisk.

When ramen is just about done, add eggs, whisking to avoid clumping. Whisk soup continually.

Add mushrooms and onions.

Cook for another 1-2 minutes until eggs are done, whisking continually.

Remove from heat and serve.

NOTES:  Can be served with saltine crackers.
        Add the season packet from the ramen if desired.
        The chicken or oriental flavors are good choices.
Green, yellow, & orange, oh my!

Vegetables
Creole Stuffed Peppers

6 large green peppers
Boiling water
1/2 cup chopped onion
1 tablespoon butter or margarine
2 cups chopped fresh tomatoes
2 cups fresh okra slices
2 cups fresh corn cut off the cob (about 4 ears)
1/8 teaspoon black pepper

Preheat oven to 350 degrees. Cut off tops of peppers; remove seeds. Add green peppers to boiling water in large saucepan; cover. Boil 5 minutes; drain. Cool.

Sauté onion in butter. Add tomatoes, okra, corn, and black pepper; cook until mixture is thoroughly heated and slightly thickened.

Fill green peppers with corn mixture; place in greased shallow baking dish. Bake 30 minutes or until green peppers are tender.

Makes 6 servings

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Green Bean Casserole

3 cans green beans
1 can French fried onions
1 can mushroom soup
1/2 cup milk

Drain green beans. Place in casserole and add 2/3 cup French fried onions.

Mix soup with 1/2 cup milk. Add to green beans and stir.

Top with remaining French fried onions. Bake at 350 degrees for 30 minutes.

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Orange Glazed Carrots

1 pound carrots -- peeled and sliced
1 cup orange juice
1/4 cup butter -- melted
1 tablespoon sugar

Combine all ingredients in a saucepan; cover and simmer 15 minutes.

Uncover and cook until liquid is absorbed.

Pea Pods With Almonds

1/2 cup water
1 tablespoon soy sauce
1 1/2 teaspoons cornstarch
1 teaspoon chicken bouillon granules
2 tablespoons butter
2 tablespoons almonds
6 ounces pea pods, frozen -- (1 package)

Combine water, soy sauce, cornstarch, and chicken bouillon granules; set aside.

Melt butter in a 10-inch skillet; add almonds; stir fry for 2 minutes.

Add pea pods to the skillet and stir fry for 2 more minutes.

Stir in cornstarch mixture.

Cook and stir until thickened and bubbly. Cook and stir 1 to 2 minutes more.
Slow Cooker Mashed Potatoes

1 (3 ounce) package cream cheese
1/2 cup sour cream
1/4 cup softened margarine
1 envelope Ranch salad dressing mix
1 teaspoon dried parsley flakes
6 cups warm mashed potatoes (prepared without milk or butter)

In a bowl combine cream cheese, sour cream, margarine, salad dressing mix, and parsley. Stir in potatoes and transfer to a slow cooker. Cover and cook on low for 2 to 4 hours.

Yields 8-10 servings.

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Sweet Potato Casserole

3 cups sweet potatoes, cooked and mashed
1 cup sugar
2 eggs
1/2 cup butter
1 tablespoon vanilla
1/2 cup milk

Mix all together and put in baking dish.

Topping:
1 cup brown sugar
1/2 cup flour
1/3 cup butter

Cut butter into flour and sugar. Put on top of potato mixture. Bake at 350 degrees for 25 minutes.

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Sweet Potato Sticks

2 pounds sweet potatoes -- (about 4 medium)
1 tablespoon vegetable oil
1/3 cup grated parmesan cheese
vegetable cooking spray

Cut potatoes lengthwise into 1/2 inch thick slices. Cut slices into 1/4 inch wide strips.

Place potato strips in a large bowl.

Drizzle oil over potato strips; toss well. Sprinkle with cheese; toss well.

Arrange potato strips in a single layer on baking sheets coated with cooking spray.

Bake at 400 degrees for 35 to 40 minutes or until potato strips are crisp and lightly browned, stirring every 10 minutes.

~ 49 ~
Banana Bread

1/2 cup margarine
1 cup sugar
1 egg
3 small bananas (or 2 large) -- very ripe
2 cups flour
1 teaspoon soda
1/2 teaspoon salt
1/4 cup water
2 teaspoons vanilla

Mix all ingredients together.

Pour into 2 small loaf pans.

Bake at 350 degrees for 45 minutes.
**Bran-Cherry Bread**

2 cups all-purpose flour  
3/4 cup sugar, divided  
1 tablespoon baking powder  
1 teaspoon salt  
1/2 teaspoon ground nutmeg  
1 1/2 cups Kellogg’s Cracklin’ Oat Bran cereal  
1 1/4 cups skim milk  
1 egg  
2 tablespoons vegetable oil  
1 jar (10 ounces) maraschino cherries, drained and finely chopped  
1 cup chopped walnuts, divided  
1 tablespoon margarine

Combine flour, 1/2 cup sugar, baking powder, salt, and nutmeg. Set aside.

In large mixing bowl, combine Kellogg’s Cracklin’ Oat Bran cereal and milk. Let stand 10 minutes or until cereal is softened. Add egg and oil. Beat well. Stir in flour mixture. Set aside 2 tablespoons chopped cherries. Fold remaining cherries and 3/4 cup nuts into batter. Spread in 9x5x3 inch loaf pan coated with nonstick cooking spray.

Melt margarine in small skillet until bubbly. Remove from heat. Stir in remaining 1/4 cup sugar, remaining 1/4 cup nuts, and reserved cherries. Sprinkle over batter.

Bake at 350 degrees for about 1 hour. Cool in pan on wire rack 10 minutes. Remove from pan.

Makes 1 loaf, 15 slices.
Pumpkin Bread

3 cups sugar  
1 cup cooking oil  
4 eggs  
3 1/3 cups flour  
2 teaspoons baking soda  
1 1/2 teaspoons salt  
1 teaspoon ground cinnamon  
1 teaspoon nutmeg  
2/3 cup water  
15 ounces canned pumpkin

Mix all ingredients together until mixture is smooth.

Pour into greased pans.

Bake at 350 degrees for 55 minutes. If needed, bake additional time, checking every 5 minutes.

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Pumpkin Muffins

1 box spice cake mix  
15 ounces canned pumpkin

Mix cake mix and add pumpkin.

Bake in muffin pan at 325 degrees for about 16-18 minutes. If using large muffin cups, bake 22-25 minutes.

NOTE: Grease muffin pan OR line with paper muffin cups.

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Build muscle with protein...

Meat, Poultry & Fish
Atlanta Pork Chops and Rice

4 pork chops
2 tablespoons oil
1/4 cup celery -- sliced
8 ounces tomato sauce (1 can)
1 cup water (1 ½ cups if needed)
2 tablespoons brown sugar
1 teaspoon salt
1/2 teaspoon basil
1 cup rice -- uncooked

Brown chops in oil in a large skillet. Remove.

Add celery and cook lightly. Drain fat.

Stir in remaining ingredients and add chops.

Bring to a boil and simmer covered for 30 minutes or until the rice is done.

Food Humor

What do you call a pig that does karate? A pork chop.
Barbecue Hamburger Patties

1 1/2 pounds ground beef
1/2 cup chopped onion -- 1 medium
1 teaspoon salt
1/3 cup catsup
1/2 cup chili sauce
2 tablespoons brown sugar
1 tablespoon lemon juice

Mix the meat, onion, and salt together. Shape the mixture into 6 patties, each about 3/4 inch thick.

Brown the patties in a large skillet over medium-high heat, turning once. Cover and cook over low heat about 10 minutes. Drain off the excess fat.

Mix catsup, chili sauce, brown sugar, and lemon juice. Pour sauce over the patties. Cover and simmer for 15 minutes, spooning the sauce onto the patties occasionally.

Serve with the sauce spooned over the patties.

Serves 6
Green Chili Burgers

3 green onions, including tops, sliced (1/3 cup)
1 teaspoon minced garlic
3/4 teaspoon dried marjoram, crumbled
1/4 teaspoon dried thyme, crumbled
1/8 teaspoon ground red pepper (cayenne)
1 can chopped green chilies, drained (4 ounces)
12 ounces lean ground beef
8 ounces ground turkey
1/2 cup homemade ketchup or prepared low-sodium ketchup (optional)

In a 10 inch nonstick skillet, cook the green onions, garlic, marjoram, thyme, red pepper, and chilies over moderate heat for 5 minutes or until the onions are softened. Transfer the mixture to a medium-sized bowl and let cool to room temperature.

Add the ground beef and turkey to the chili mixture and mix well. Using your hands, shape the mixture into 6 patties about 1/2 inches thick. (It is easier to shape the patties if you wet your hands first.) Wipe out the skillet and set it over moderate heat. Add the patties and cook, turning once, for 6 to 8 minutes or until the juices run clear when the burgers are pierced with a fork. Serve on whole wheat buns, topped with sliced tomatoes and cucumbers and the ketchup if desired.

Serves 6

NOTE: Here are burgers in a new lean and spicy guise. Ground chicken or pork can be substituted for the turkey with equally good results.

~ 57 ~
Oven Fried Chicken

1/4 cup milk
1 egg
1 cup flour
Chicken, cut into serving pieces (use thighs, drumsticks, or breasts)
2 tablespoons oil

Mix milk and egg in a bowl. Put flour in a separate bowl. Dip chicken in egg mixture, then coat in flour mixture.

Fry chicken in oil in a skillet, about 5 minutes on each side. Season with salt, pepper, and seasoning salt.

Place chicken in a 13x9x2 inch dish. Bake at 400 degrees for 50 minutes.

Pecan Chicken

4 skinned and boned chicken breast halves
1/4 cup honey
1/4 cup Dijon mustard
1 cup finely chopped pecans

Place chicken between 2 sheets of heavy-duty plastic wrap; flatten to 1/4 inch thickness using a meat mallet or rolling pin. Set aside.

Combine honey and mustard; spread on both sides of chicken and dredge chicken in pecans.

Arrange chicken in a lightly greased shallow baking dish. Bake at 350 degrees for 30 minutes or until juices run clear.

Yield: 4 servings.
Tuna Cakes

1 can tuna in water -- drained and mashed with a fork
10-12 Saltine crackers (or substitute bread crumbs) -- crushed
1/4 cup diced onion
1 teaspoon garlic powder
1 egg
salt and pepper to taste

Mash together ingredients with a fork and allow to sit for 30 minutes to allow crackers to absorb moisture and turn to a paste.

Form into balls then gently pat out to form a small cake (1 can makes 4 small cakes).

Heat skillet on medium-high heat, add olive oil and a small amount of butter.

Add cakes to oil and fry until golden brown on both sides.

If desired, add sliced cheese at the end to melt on top and serve on toast for a nice Tuna Patty Melt.

NOTES: We prefer white albacore, which if you are patient you can get on sale and stock up.

Use Saltine crackers in place of bread crumbs in any recipe.

Use one egg for each can of tuna used.

~ 59 ~
Do it yourself...

One Dish Meals
Baked Spaghetti

1 package spaghetti, broken in half and cooked
1 jar spaghetti sauce, prepared as directed
1/2 pound ground beef, browned and drained
1 handful cheddar cheese, grated

Break spaghetti in half and cook.

Prepare sauce following instructions on the jar.

Brown ground beef and drain.

Mix all ingredients and place in a casserole dish.

Sprinkle grated cheddar cheese over the top.

Bake 30 - 40 minutes at 350 degrees until heated through and the cheese is melted.

NOTE: This is a good way to use leftovers from a spaghetti dinner. Just mix the leftovers in a casserole dish and refrigerate overnight, then bake as directed the next day.
Baked Stew

4 potatoes
4 carrots
4 celery stalks
1 onion
1 pound stew meat
1 can mushroom soup
1 can cream of celery soup

Put all ingredients in roaster and bake for 5 hours at 275 degrees.

NOTE: Increase or decrease amounts according to demand and personal preferences.
Breakfast Casserole

1 stick margarine or butter
32 ounces hash browns, frozen -- southern style
12 eggs
2 cups cheddar cheese, shredded
2 cups chopped ham
1 cup milk
1 tablespoon instant onion
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon dry mustard
Paprika -- for garnish

Melt margarine or butter in a 9 x 13 inch pan. Pour in 3/4 bag of hash browns.

In a separate bowl, beat eggs and add the remaining ingredients. Pour over hash browns.

Sprinkle on the remaining 1/4 bag of hash browns.

Sprinkle top with paprika.

Bake at 350 degrees for 1 hour.

NOTE: This casserole may be prepared ahead and refrigerated overnight.
Calico Beans

1/2 pound bacon
1/2 pound ground beef
1/2 cup onion, chopped

Brown above ingredients.

1 medium onion
1/2 cup catsup
3/4 cup brown sugar
1 teaspoon salt
2 teaspoons vinegar
1 teaspoon prepared mustard
Dash Worcestershire sauce
1 large can pork and beans
1 can kidney beans
1 can lima beans

Combine all and bake 1 hour at 350 degrees.

Chicken Fettuccini Alfredo

1 jar Alfredo sauce
2 skinned and boned chicken breasts -- cut up into small pieces
1/2 box fettuccini
1 teaspoon salt

Water -- enough to fill a saucepan

Bring a saucepan 3/4 full of water to a boil. Add 1 teaspoon of salt to the water. Cook fettuccini according to directions on the box.

Cook chicken in a skillet until no longer pink. Add Alfredo sauce and heat until bubbling. Mix everything together and serve.
Chicken Pot Pie

1 stick margarine or butter, melted
1/3 cup flour
1 can chicken broth
1 cup milk
2 cans chicken
1 can Veg-All
   salt and pepper to taste
2 tubes of biscuit dough or 2 unrolled pie crusts

Mix in large saucepan: melted margarine or butter and flour.

Add: chicken broth, milk, chicken, Veg-All, salt and pepper.

Heat on stovetop until thickened.

Put mixture into a 9 x 13 inch baking pan with 2 tubes of biscuits on top or use two unrolled pie crusts. OR Put the mixture into a pie plate with unrolled pie crusts.

Bake at 350 degrees for 25 to 30 minutes.
Chicken Rice Casserole

1 cup rice, uncooked
1 chicken, cut up
1 can cream of celery soup
1 can cream of mushroom soup
1 can milk or water (fill one of the soup cans)
butter for greasing pan

Butter a 9 x 13 inch baking pan.

Spread buttered pan with uncooked rice.

Add chicken pieces.

Mix soups with liquid and gently pour over chicken and rice.

Cover with foil and bake at 325 degrees for 2 hours.

Foil cover may be removed for the last hour if desired.

NOTE: Use one whole chicken OR 3 split chicken breasts OR 6 chicken legs
Chicken Stir-Fry Whip Up

1 pound boneless skinless chicken breast, cut into strips
3/4 cup Miracle Whip
16 ounces frozen mixed vegetables, thawed (one package)
2 tablespoons soy sauce
1/2 teaspoon garlic powder
1 cup rice, if desired

Cut chicken breasts into strips.

Cook chicken in 3/4 cup of Miracle Whip in large skillet on medium high for about 3 minutes.

Add frozen mixed vegetables (thawed) OR 3 cups cut up fresh vegetables.

Stir in soy sauce and garlic powder. Continue cooking for 5 minutes or until the chicken is cooked through (no longer pink).

Cook rice according to package directions.

Serve over rice.

NOTE: Use 3 cups cut-up fresh vegetables of your choice instead of frozen mixed vegetables.
Easy and Mild Chili

2 pounds beef round, ground
1/2 medium sweet onion, diced
1 dash salt
1 dash pepper
1 dash garlic powder
1/2 cup mushrooms, sliced
2 packages chili mix, mild (use store brand such as Kroger's)
1 can pinto beans, fancy
1 can Mexican-style chili beans
28 ounces tomato sauce, diced or crushed tomatoes
1/2 cup water, as needed

In a large skillet brown ground beef with onions, salt, pepper, and garlic.

Add sliced mushrooms when the beef is almost done and cook for a few minutes longer.

Drain well in a colander over the sink.

Place beef mixture into a large 4 or 5-quart pot and add remaining ingredients.

Simmer uncovered chili over low heat for at least 30-60 minutes, while continuing to stir often. Add water to desired thickness.

NOTE: You can always add some heat if you prefer it medium to hot, just try adding a little at a time until you've got it the way you want it.
Easy Hamburger Casserole

1 pound ground beef -- cooked and drained, then chopped finely
1 can tomato soup -- do not add water
1 can green beans -- drained very well
1 medium onion -- minced or chopped
6 servings mashed potatoes -- instant, make and set aside
1 package Velveeta -- sliced thin

Mix the first 4 ingredients well, then put in the bottom of a greased baking dish, 2-quarts or larger.

Top with mashed potatoes and bake at 350 degrees for 35 minutes.

Remove from oven and add Velveeta cheese sliced thinly to the top and return to oven until cheese is melted and turning brown.

Let cool, then eat!

NOTES: This one goes fast, if you have a large family you might need to make two!

Use 2 cans of green beans if one doesn't seem like enough.

Use as much or as little onion as you like.
Easy Parmesan Garlic Chicken

1/2 cup grated Parmesan cheese
1 envelope Good Seasons Italian salad dressing mix
6 boneless skinless chicken breast halves
1/2 teaspoon garlic powder
Water

Mix cheese, garlic powder, and salad dressing mix.

Moisten chicken with water, coat with cheese mixture, and place in a shallow baking dish.

Bake at 400 degrees for 20 to 25 minutes, or until chicken is thoroughly cooked.

Escalloped Potatoes and Ham

3/4 pound ham
6-8 potatoes
1 large chopped onion
1 teaspoon salt
2 cups milk

Cut up the ham in small pieces. Peel and slice the potatoes. Heat the milk to boiling and add ham, onion, and potatoes and again heat to boiling. Add salt. Put in a large baking dish (greased). Bake at 325 degrees for 45 minutes.

Serves 5-6 people.
Five Can Casserole

1 can cream of chicken soup
1 can chicken and rice soup
1 can chow mein noodles (5 ounces)
1 can evaporated milk (large can)
1 can boneless chicken
1 onion, chopped
1 cup celery, chopped

Combine all ingredients in a casserole dish.

Bake at 350 degrees for 1 hour.

Serves 4 to 6 people.

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Green Bean Casserole

1 pound hamburger
3 cans French green beans
1 large can mushroom soup
1 small can celery soup
1 small can mushrooms
1 small bag Tater Tots

In fry pan, lightly brown hamburger. Add drained beans, soups, and mushroom pieces. Put in greased casserole and bake for 30 minutes at 350 degrees. Then put in Tater Tots and bake another 30 minutes. You can add French onions if you wish, for the last 10 minutes.

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~ 71 ~
Hamburger and Potatoes

1 pound hamburger
3 medium potatoes (2-3 potatoes, depending on size and preference)
1 envelope onion soup mix
water

Brown hamburger.

Wash potatoes and cut into slices. Add potatoes and soup mix to hamburger.

Add water to cover the potatoes.

Cook on low for about 15 minutes, or until potatoes are tender.

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Instant Chicken and Dumplings

2 cans cream of chicken soup
1 can milk (use the empty soup can to measure)
2 cans biscuits (any cheap brand)

Put the 2 cans of soup in a kettle. Add the can of milk and stir as it gets hot.

Cut the biscuits into quarters and drop them into the soup mixture.

Stir the soup mixture and dumpling biscuits until the biscuit dumplings become firm.

Remove from heat. Serve.

NOTES: Serves a family of 4. Ingredients can easily be adjusted for larger groups.

Use whole or skim milk, depending on your preference.
Last Minute Beef Teriyaki

1 pound beef sirloin steak, cut into thin strips
1 tablespoon oil
3 cups fresh or frozen stir-fry vegetables (if using frozen, thaw before using)
3/4 cup teriyaki sauce
6 cups cooked rice (follow package instructions)

Cook and stir beef in hot oil in skillet for 5 minutes.

Add vegetables and sauce.

Simmer on low for 4 minutes.

Serve over rice.

Makes 4 to 6 servings.

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Food Humor

What do you call a cow with no legs?

Ground beef.

~ 73 ~
Quick Beef Goulash

1 pound ground beef
1 onion
2 cups chopped tomatoes
8 ounces macaroni, cooked
salt and pepper to taste

Cook ground beef and onion in skillet until meat is done. Drain.

Add tomatoes, macaroni, salt, and pepper.

Cook on low heat for 15 minutes.

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Texas Rice Bowl

1/2 cup cooked white rice
2 cups diced tomatoes
1/4 cup chopped onion
1/4 cup bell pepper, diced
1 cup black beans, canned, drained
1 tablespoon pepper jack cheese
1 tablespoon salsa

Put 1/2 cup cooked rice into an individual serving bowl.

Top with remaining ingredients and serve.

NOTE ON RICE BOWLS: Pour cooked rice into a bowl and add any of your favorite toppings and seasonings. Be creative!
Thanksgiving Dinner

2 chicken drumsticks or 1 turkey drumstick
1/2 teaspoon salt
   Water to cover drumsticks (up to 3 cups if needed)
1 small onion, finely chopped
1 stalk celery, finely chopped
1/2 teaspoon sage or poultry seasoning

Place drumsticks and salt in water.

Boil gently until meat comes off the bones, about 45 minutes. Cool.

Break bead into small pieces, stir in broth until moistened well.

Add finely chopped onions, celery, and sage or poultry seasoning to make dressing.

Add half meat and dressing in a small casserole dish. Then the remaining meat and dressing and add dressing to top.

Bake at 350 degrees for 30 minutes.

NOTE: If using an electric skillet, reverse the order of meat and dressing and cook at 250 degrees for 25 minutes or until the dressing is brown.
Zesty Beef Enchiladas

1 pound hamburger
17 1/2 ounces enchilada sauce (1 jar)
2 cups shredded cheddar cheese (8 ounces)
12 corn or flour tortillas (6 inch size)
1/2 can refried beans (optional)

In a skillet, cook beef until browned. Drain.

Stir in 1/2 cup enchilada sauce and 1 cup cheese.

Warm tortillas according to the directions on the package.

Grease 9 x 13 inch baking pan.

Spoon about 2 tablespoons of the meat mixture down the center of each tortilla. Roll up and place seam side down in the baking dish.

Bake at 350 degrees for 20 minutes or until the cheese melts.

NOTE: If desired, add 1/2 can of refried beans to the browned meat, and then add the sauce and cheese.

~ 76 ~
For your sweet tooth

Desserts
Brownies with Fudge Frosting

1 stick butter or margarine
1 cup sugar
1 cup flour
4 eggs
1 can chocolate syrup
1 cup nuts (optional)

Combine all and mix well. Pour in greased jelly roll pan (15 ½ x 10 ½ x 1 or 17 x 11 x 1), or large glass baking dish.

Bake 25 minutes at 350 degrees.

FUDGE FROSTING

1 square of chocolate or 3 tablespoons cocoa
1 cup sugar
1/4 cup milk
1/4 cup butter

Mix and bring to boil. Boil 1 minute (longer if you don't want to beat so long). Beat 10 minutes.

NOTE: Spread very quickly – the icing hardens fast!
Butterscotch Chippers

2 1/2 cups old fashioned oatmeal (not instant)
1 3/4 cups all-purpose flour
1 teaspoon baking soda
1/4 teaspoon salt
1 cup butter (2 sticks), softened
1 cup dark brown sugar
1/2 cup granulated sugar
2 large eggs
1 tablespoon vanilla extract
11 ounces butterscotch baking chips (1 bag)

Preheat oven to 375 degrees.

In medium bowl combine first four ingredients.

In large bowl beat sugars and butter until creamy. Add eggs and vanilla, beat well.

Reduce mixer speed to low; gradually beat in dry ingredients until just blended. Stir in butterscotch chips.

Drop by rounded tablespoonful onto ungreased cookie sheets. Bake 9 minutes for a chewy cookie and 12 minutes for a crisp cookie.

Makes 5 dozen cookies
Caramel Rice Krispie Bars

5 ounces miniature marshmallows
1 stick margarine
1/2 teaspoon vanilla
4 cups Rice Krispies
14 ounces caramel candy
1 can sweetened condensed milk

Melt in microwave: mini-marshmallows, 1/2 stick margarine, and vanilla.

Pour mixture over Rice Krispies.

Put in a 9x13 inch pan and set aside.

Melt in microwave: caramels and remaining 1/2 stick margarine.

Stir in sweetened condensed milk.

Pour over layer of Rice Krispies.

Make a second batch of Rice Krispies according to the directions above. Put this batch on top of the caramel layer.

~ 80 ~
Chocolate Chip Cookies

1 cup butter, softened
1 cup white sugar
1 cup packed brown sugar
2 eggs
2 teaspoons vanilla
3 cups all-purpose flour
1 teaspoon baking soda
2 teaspoons hot water
1/2 teaspoon salt
2 cups chocolate chips

Preheat oven to 350 degrees.

Cream together butter, white sugar, and brown sugar until smooth.

Beat in eggs one at a time, and then stir in vanilla.

Dissolve baking soda in hot water. Add to batter along with salt.

Stir in flour and chocolate chips.

Drop batter by large spoonfuls onto ungreased pans.

Bake for about 10 minutes in preheated oven, or until edges are nicely brown.

Makes about 2 dozen cookies.
Chocolate Macadamia Crunch

1 stick Butter Flavor Crisco or Butter Flavor Crisco All Vegetable Shortening
3/4 cup granulated sugar
1/2 cup firmly packed dark brown sugar
2 eggs
2 tablespoons buttermilk
2 teaspoons pure vanilla extract
1 1/2 cups flour
1 cup oatmeal (old-fashioned, uncooked)
1 teaspoon baking soda
1/2 teaspoon salt
2 cups milk chocolate chips
1 cup coarsely chopped macadamia nuts

Combine shortening, granulated sugar, brown sugar, eggs, buttermilk, and vanilla in a large bowl. Beat at medium speed of electric mixer until light and fluffy.

Combine flour, oatmeal, baking soda, and salt. Add gradually to creamed mixture at low speed. Beat until well blended.

Stir in chocolate chips and nuts with spoon.

Cover and refrigerate at least 30 minutes.

Heat oven to 325 degrees. Grease baking sheet with shortening. Place sheets of foil on countertop for cooling cookies.

Drop dough by tablespoonfuls 3 inches apart onto greased baking sheet. Bake at 325 degrees for 14 to 16 minutes, or until light golden brown. Do not over bake.

Cool 2 minutes on baking sheet. Remove cookies to foil to cool completely.

Makes about 2 1/2 dozen cookies.
Chow Mein Chews

1 cup sugar
1 cup Karo syrup
1 cup chocolate chips
1 cup peanut butter
1 teaspoon vanilla
4 cups chow mein noodles

Boil sugar and Karo syrup together for one minute.

Add to boiling mixture: chocolate chips, peanut butter, and vanilla.

When chips are melted, add chow mein noodles.

Drop by the teaspoonful onto waxed paper. Allow to set.

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Cranberry Sugar Cookies

1 package of Pillsbury Cranberry Quick Bread & Muffin Mix, or other brand of cranberry quick bread mix (approximately 15 5/8 ounces)
3/4 cup butter, softened
1 cup sugar for dipping

Heat oven to 350 degrees.

Combine quick bread mix and butter, mix well.

Shape dough into 1 inch balls. Place 2 inches apart on greased cookie sheet.

Flatten balls to 1/8 inch thickness with the bottom of a glass dipped in sugar.

Bake for 7 minutes, or until golden brown.

Cool 2 minutes on cookie sheet; remove to cooling rack.
Creamy Chocolate Pie

4 1/2 ounces Jell-O chocolate pudding mix (one package)
1 cup milk
1 1/2 cups Cool Whip, thawed
1/4 cup peanuts
1 8-inch pie shell baked and cooled.

Topping

1/2 cup Cool Whip
Peanuts to taste

Prepare 1 package Jell-O chocolate pudding using only 1 cup of milk.

Blend in Cool Whip and peanuts.

Spoon into a cooled, baked pie shell.

Garnish with additional 1/2 cup Cool Whip.

Sprinkle with more peanuts.

Chill at least an hour.

NOTES: Use homemade pie crust if you prefer.

If you prefer, do not put the nuts in the pie itself. Only put nuts on top of the pie as a garnish. There are two reasons for this:
1. If you like the creaminess of the pudding better without the nuts.
2. If you put the nuts on shortly before serving, they will be firm, rather than running the risk of them getting soggy.
Five Minute Fruit Dip

1/2 cup Miracle Whip Free Nonfat Dressing
1 container (8 ounces) lemon flavored low fat yogurt

Mix ingredients until well blended; refrigerate. Serve with assorted fruit kabobs.

Prep time: 5 minutes plus refrigeration

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O’Henry Bars

4 cups oatmeal
1 cup brown sugar
2/3 cup melted butter
1/3 cup dark corn syrup

Mix together all ingredients.

Pat into a greased 10 x 15 inch pan.

Bake at 325 degrees for 12 to 15 minutes.

Cool.

Frosting

1/2 cup peanut butter
1 cup chocolate chips

Melt ingredients together and spread over bars.

~ 85 ~
Oatmeal Scotchie Cookies

1 1/4 cups flour
1 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1 cup butter, softened
3/4 cup sugar
3/4 cup brown sugar
2 eggs
1 teaspoon vanilla
3 cups oatmeal (quick cooking or old fashioned)
12 ounces butterscotch chips (2 cups)

Combine flour, baking soda, salt, and cinnamon in small bowl.

Beat butter, sugar, brown sugar, eggs, and vanilla in large mixer bowl until creamy.

Gradually beat in the flour mixture.

Stir in oatmeal and chips.

Drop by rounded tablespoonful onto cookie sheets.

Bake at 375 degrees for 7 1/2 minutes.

Cool on wire racks.

Makes 24 cookies
Peanut Butter Rice Krispie Bars

1 cup white syrup
1 cup sugar
1 cup peanut butter
6 cups Rice Krispies
12 ounces chocolate chips (1 package)
12 ounces butterscotch chips (1 package)

Bring syrup and sugar to a boil. Remove from heat, add peanut butter, and stir. Add Rice Krispies and stir again. Pour mixture into a jelly roll pan and press flat.

Melt chocolate chips and butterscotch chips together. Spread on top of Rice Krispie mixture. Let cool and cut into bars.

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Popcorn Bars

10 ounces large marshmallows (one bag)
1/4 cup margarine, cut up
3 tablespoons fruit flavored gelatin powder, flavor of your choice
8 cups popped popcorn

Grease 9 inch square baking dish. Set aside.

Place marshmallows and butter in large mixing bowl. Microwave on high 2-3 minutes, or until marshmallows puff and mixture can be stirred smooth.

Add gelatin. Mix well.

Add popcorn. Stir to coat.

Press mixture into pan. Let cool. Cut into bars.

NOTE: To double, use 1 small box of gelatin. Fits into a jelly roll pan.
Rice Pudding

1 quart milk
1/2 cup white rice
1/2 cup sugar
1/2 teaspoon salt
1/2 teaspoon vanilla

Mix all ingredients together. Bake at 350 degrees for 2 hours, covered.

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Scotcheroos

1 cup sugar
1 cup light Karo syrup
1/2 cup peanut butter
6 cups Rice Krispies

Topping:
1 cup chocolate chips
1 cup butterscotch chips

Mix sugar, syrup, and peanut butter together in pan and bring to a boil.

Add Rice Krispies and stir until mixed.

Spread mixture into a 9x13 inch pan.

Melt butterscotch and chocolate chips together in microwave and spread on top of Rice Krispie mixture.

Let stand until firm, and then cut into bars when cool.

~ 88 ~
Shortbread Squares

1 pound butter, softened
1 cup powdered sugar
3 1/2 cups flour
1/2 cup cornstarch

Cream butter and sugar together.

Combine flour and cornstarch; gradually add to the creamed mixture.

Put into a 15x10x1 inch baking pan. Pierce dough several times with a fork.

Bake at 325 degrees for 40 to 45 minutes, or until lightly browned.

Cut while warm.

Makes about 6 dozen

NOTE: Use butter with this recipe. Do not use substitutes.

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Soda Pop Cake

1 box cake mix (flavor of your choice)
12 ounces of soda (1 can, any kind you prefer)

Mix soda and cake mix. (Do not add any other ingredients!)

Pour batter into greased 9x13 pan. Bake according to directions on cake mix.

NOTE: Many varieties can be made by changing the flavor of the cake mix or the soda.

~ 89 ~
Snickerdoodle Cookies

1 cup shortening or butter
1 1/2 cups sugar
2 eggs
2 3/4 cups flour
2 teaspoons cream of tartar
1 teaspoon baking soda
1/2 teaspoon salt

Cinnamon Sugar for coating:
  3 tablespoons sugar
  3 teaspoons cinnamon

Preheat oven to 400 degrees.

Cream first three ingredients.

Sift the remaining ingredients together and add to the creamed mixture.

Chill dough for 10 to 15 minutes in the refrigerator.

Mix sugar and cinnamon together in a bowl.

Roll chilled dough into small balls. Roll these in sugar and cinnamon mixture.

Bake on ungreased cookie sheet at 400 degrees for 8 to 10 minutes.

Makes approximately 4 dozen cookies.
Eating Between meals can be a good thing!

Snacks
30 Healthy Snacks

1. Banana
2. Carrot
3. Pear
4. Low-fat yogurt
5. Low-fat cottage cheese and fruit
6. Graham cracker
7. Air-popped popcorn
8. Celery
9. Cucumber
10. Raw vegetables and low-fat dip
11. Low-fat mozzarella string cheese
12. Watermelon
13. Pretzels
14. Peanut butter on celery
15. Apple
16. Orange
17. Peach
18. Fat-free cookies
19. Apple juice
20. Grape juice
21. Vanilla wafers
22. Fresh pineapple
23. Raisins
24. Roasted almonds (1 ounce)
25. Low-fat pudding
26. Hard-boiled egg
27. Low-fat granola bar
28. Pineapple juice
29. Dried fruit
30. Blueberries
Chewy Energy Bars

2 cups whole wheat flakes cereal
2 cups crisp rice cereal
1 cup quick-cooking rolled oats
1/2 cup toasted wheat germ
1/2 cup sunflower seeds, shelled
1/2 cup raisins
1 cup peanut butter
3/4 cup dark corn syrup
1/2 cup semisweet chocolate chips, if desired

Spray a 9 inch square pan with nonstick cooking spray. In large bowl combine cereals, oats, wheat germ, sunflower seeds, and raisins; mix well.

In medium saucepan combine peanut butter and corn syrup; mix well. Cook over medium heat for 2 to 3 minutes, or until mixture is smooth and melted, stirring constantly with a wire whisk.

Pour hot mixture over cereal mixture; mix well. Quickly stir in chocolate chips. Spoon onto sprayed pan, press firmly. Refrigerate 30 minutes or until cool. Cut into bars.

Start to Finish Time: 50 minutes

NOTE: For quick serving, cut and wrap bars individually in plastic wrap or waxed paper.
Chocolate Chip Fudge

14 ounces sweetened condensed milk (1 can)
12 ounces semisweet chocolate chips (1 package)
1 teaspoon vanilla
1 1/2 cups chopped nuts

Heat milk and chocolate chips in a 2 quart saucepan over low heat, stirring constantly, until chocolate is melted and mixture is smooth. Remove from heat.

Stir in vanilla and nuts.

Spread mixture evenly in pan. Refrigerate until firm.

Cut into 1 1/4 inch squares.

Makes 3 dozen.

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Puppy Chow for People

9 cups Corn Chex
1 cup semisweet chocolate chips
1/2 cup peanut butter
1/4 cup margarine -- or butter
1 teaspoon vanilla
1 1/2 cups powdered sugar

Microwave chocolate chips, peanut butter, and margarine for 1 minute, stir. Microwave 30 seconds more, until melted.

Stir in vanilla. Pour over cereal, stir to coat.

Pour into large Ziploc bag, add powdered sugar, shake until coated.

Spread on wax paper to cool.

Spiced Apple Tea

3 bags cinnamon herbal tea
3 cups boiling water
2 cups unsweetened apple juice
6 whole cloves
1 cinnamon stick

Place tea bags in slow cooker. Pour boiling water over tea bags; cover and let stand 10 minutes. Remove and discard tea bags.

Add apple juice, cloves, and cinnamon stick to slow cooker. Cover and cook on low for 2 to 3 hours. Remove and discard cloves and cinnamon stick.

Serve warm in warm mugs.

Makes 4 servings.
Appendix

Things I do for my own recovery

Making Changes

Prescribed Medications

Discontinued Medications

My Triggers

My Support Team

My Treatment Team
Things I Do For My Own Personal Recovery
Making Changes:

Goal Planning

The next three pages are a guide to assist you in planning and reaching goals. You may be happy with your life just as it is. It’s not always necessary to set major goals or make big changes in our lives. We may want to consider how to maintain what we have.

Consider the things you like about your life. What do you or others do that contribute to this? For example: You like your apartment and want to continue to live there. What are you already doing that makes this possible? Examples might be paying rent on time, keeping the apartment clean, being a good neighbor, etc. Give yourself credit for the efforts you make that help create your own happiness. Make a mental plan to continue these efforts. Decide how you will take care of these things if you aren’t well enough to do them on your own.
Making Changes (Goal Planning)

*My Strengths:

GOALS: Things I want to work on

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List the things you will need to do to reach your goal. What order should you do them in? Decide if you will need help from someone else and write down the name of who you want this person to be.

Sometimes we need to set short term goals that will help us meet a long term goal.

Provide positive reinforcement. For example: When I reach my first short term goal, I am going to go to a movie. Appreciate yourself and your effort each step of the way!

Example:

Long Term Goal: Get a cell phone

Short term goals:

1. Save enough money to buy phone
   How: Save $4 each week from weekly check.

2. Get information on phones and decide which one I want.

3. Need ride to the store. Ask my friend Jane if she will take me.

*Strengths I will use: Good at getting information I want. Good at saving money.

Strengths I will use:

My long term goal: __________________________

My short term goals:

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4. Barriers or things that might keep me from meeting my goal.
   example: no way to get to store

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5. Things I can do to get around these barriers.
   example: get bus ticket, find friend to take me, ask others for ideas

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~ 102 ~
## Discontinued (stopped) Meds

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Many of us experience an increase of symptoms due to certain circumstances or events in our lives. Losses, such as that of friends, a job, our physical health, or family members, are difficult experiences for most people. Situations which cause stress or increased anxiety often contribute to increasing symptoms. When we can identify these “triggers”, we can plan ahead to deal with them. We may want to schedule an appointment with our health care provider, plan to spend time with others, or use other coping and symptom management skills. It is a good idea to share your “triggers” with your health care worker.

*Identify triggers you may have and make a list of things you can do to make these times easier.*

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### My Support Team

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