

## Shopping

### Staying organised

"I'd got a whole [loaf] in the fridge, but I bought another one... I tend to try and keep them in, rather than not be able to find anyone to get me one." (Deena)

### In charge of our lives

"that's so nice to be able to... think, 'Oh I'll get some apples,' and you can choose your own, can't you?" (Posh)

### Socialising

"like me he goes to the shop daily really to say hello to people on the way and in the shop" (Irene)

### Looking after others

"I miss very much not feeding my family. ... You still want to feel that you're needed to produce a meal" (Kathleen)

### Variety

"my shopping list is very boring because it's more or less the same every week, whereas if I were able to go around the shops I'd think, 'Oh that looks rather nice this week, I'll have one of those'" (Helen)

### Looking after oneself

"I've gradually got better in food... if I don't cook for myself, I'm going to be ill... I'm going to go down" (Milly)

## Cooking

### In charge of our lives

"we do all [miss cooking from scratch]... I do like to know what I'm going to have the next day" (Sugababe)

### Choices

"I enjoy reading and sewing ... which I can get back to if I haven't got a lot of meal preparation" (Emily)



**CAFÉ women made choices to allow them to live social and dynamic lives, solve problems and stay organised and in charge.**

- All of the women in CAFÉ did their own food shopping if they were able to, whether they enjoyed it or not.
- Shopping allows women to get out, meet friends and family, see what is available in the shops, and stay organised and in charge.
- Some of the CAFÉ women who cook less now have chosen to do so, so they can spend more time on other activities, such as hobbies, families or friendships.
- Some who cook less now have no choice due to disability, these women often miss cooking more.