

OTHER RESOURCES

Day 1 Cooking

One of the most overlooked aspects of grief is cooking and mealtime. Coping with daily life in adjusting after the death of a loved one must, by necessity include the concept of how we address food. The goal of this day is to help individuals discover a new sense of meaning, purpose, and happiness in life after a death through various avenues, including cooking. We hope you find meaning in this content.

- **More from Tembi Locke**
 - Visit Tembi's website, The Kitchen Widow: <http://thekitchenwidow.com/>
 - Read Tembi's book: <http://thekitchenwidow.com/book/>

 - **More from Laurie Burrows Grad**
 - Visit Laurie's Website: <http://lauriegrad.com/>
 - Read Laurie's Book: <https://www.amazon.com/Jokes-Over-You-Come-Back/dp/1981137866/>
 - Learning to Cook for One: <http://lauriegrad.com/blog/learning-to-cook-for-one-after-the-death-of-my-husband/>
 - Chicken Soup for a cold: <http://lauriegrad.com/blog/the-perfect-chicken-soup-recipe-for-when-you-have-a-cold/>
 - Soul Food for Grief: <http://lauriegrad.com/blog/soul-food-smells-grief/>
 - Earing Your Grief: http://lauriegrad.com/blog/eating-your-grief-how-to-up-the-ante-on-cooking-for_us_591278cce4b07e366cebb728/
 - Laurie in The New York Times: <http://lauriegrad.com/blog/https-www-nytimes-com-2019-10-28-dining-widows-cooking-grief-html/>
 - Recipes from Laurie: <http://lauriegrad.com/recipes-book/>
 - Laurie's Best Chicken Ever Recipe: <https://www.ourhouse-grief.org/wp-content/uploads/2020/08/THE-BEST-ROAST-CHICKEN-EVER-with-Marinade.pdf>

 - **More from Sasha Grumman**
 - Visit Sasha's Instagram: <https://www.instagram.com/thefiercechef/?hl=en>
 - View Sasha's Rigatoni recipe: <https://www.ourhouse-grief.org/wp-content/uploads/2020/08/RIGATONI-RECIPE-by-Sasha-Grumman.pdf>

 - **More from Gabi Birkner of Modern Loss**
 - Sautéing My Way Through Grief: <https://modernloss.com/sauteing-way-grief/>
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