



Tip Sheet



Multiple Chemical Sensitivity (MCS)

Food Preparation

Empowering Community and Removal of Barriers (ECRoB)

Preparing meals while considering MCS can be challenging. However, carefully planning and focusing on organic, healthy, colourful fruits, vegetables, nuts, and seeds can create nourishing meals* that supports your well-being. Here are some tips to help you with meal preparation:

Prioritize Organic Ingredients:

Choose organic food whenever possible to minimize exposure to synthetic pesticides, herbicides, and chemical additives. Avoid any additives and preservatives that trigger symptoms.

Plan Your Meals:

Create a weekly meal plan to ensure you have a variety of colourful fruits and vegetables incorporated into your meals. This plan will help you meet your nutritional needs while adding visual appeal to your dishes.

Select a Variety of Colours:

Aim to include fruits and vegetables of different colours in your meals. Each colour provides unique nutrients and antioxidants, promoting a well-rounded diet.

Focus on Fresh Produce:

Opt for fresh, seasonal produce whenever possible. Farmers' markets or local organic grocery stores can be excellent sources of fresh and vibrant fruits and vegetables.

Prepare in a Well-Ventilated Space:

Ensure your meal prep area is well-ventilated to minimize exposure to potential irritants. Open windows or use a kitchen exhaust fan to improve air circulation.

Rinse and Clean Produce:

Thoroughly rinse fruits and vegetables under cool running water to remove any surface contaminants. Use a vegetable brush for firmer produce, such as root vegetables, to ensure thorough cleaning.

Use Safe Food Storage Containers:

Choose glass or stainless-steel containers for storing prepped ingredients or leftovers. These materials are less likely to leach harmful chemicals compared to plastic containers.

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Maintain a Clean Work Area: Regularly clean your meal prep area with non-toxic cleaning products to ensure a safe, healthy, and chemical-free environment.

**Be aware of foods you cannot tolerate and eliminate them from your diet. Eat a variety of foods and a varied diet to avoid developing intolerances to commonly eaten foods.*

Remember, listening to your body and identifying any specific food triggers that may trigger symptoms is essential! Adjust your meal choices accordingly and consult a healthcare professional or registered dietitian for personalized advice.