**What Are the Benefits of Cooking from Home?**

At one time, home cooked meals were a key part of family life. Sitting around the dinner table eating a home cooked meal together was a chance to bond, as well as to indulge in the delicious flavors home cooked meals provide.

However, over the years home cooked meals have declined in popularity. Instead, many families opt to eat out or get takeout rather than cook from scratch.

While it may be an extra effort to stand and cook after a long, busy day, it does deliver some great benefits. Here, we’ll look at just some of the top benefits cooking from home can provide.

**It’s healthier**

Undoubtedly the main benefit of cooking from home is that it is much healthier. When you eat out, you’ll often find the foods you consume are high in fat, calories, salt and sugar.

A lot of additives tend to be used in restaurant meals to provide them with a lot of flavor. While there are some healthier options you can order, compared to cooking from home you won’t receive anywhere near the same level of health benefits.

With home cooking, you can control both the ingredients and the calories included. You can opt for healthier substitutes and better control your portion sizes. An additional benefit is that you can cater to food allergies. When you eat out, you can’t always be sure that the foods you order are free from allergens.

These are just some of the health benefits home cooking provides.

**Giving you a chance to bond with the family**

Another benefit of cooking from home is that it allows you to spend more time with the family. You can even turn it into a family activity.

You’ll be surprised how much most children love to help out in the kitchen. They enjoy doing grown up things and are much more likely to eat home cooked meals if they have played a role in creating them.

Couples can also use home cooking as a way to bond. Coming together to create a delicious and healthy meal can be fun, relaxing and help boost your relationships.

**You’ll save money**

It’s a common misconception that home cooked meals are more expensive to prepare than eating out. The truth is it can actually be much cheaper to cook from scratch.

You’ll typically need staple ingredients such as spices, herbs and condiments. However, once you have these ingredients they tend to last for months. You’ll simply need to purchase the fresh ingredients to go with them, which makes cooking from home much more affordable.

You can also save further money by cooking in bulk and taking advantage of deals and savings at the grocery store.

**It can be a great stress reliever**

Did you know that cooking can also be a great stress reliever? It provides you with something to focus on and it’s also a physical activity. Once you start cooking, you’ll forget about the day’s stresses and worries.

As cooking takes up all of your concentration and focus, you simply don’t have time to worry about anything. By the time you’ve finished, you’ll feel much more relaxed and happier.

Similarly, cooking from home can also be great for your mental health. There have even been studies which have shown cooking can be therapeutic. As your focus is very much on the present task at hand, it’s also great for those who are practicing mindfulness.

As you can see, there are so many great benefits that home cooking can provide. It’s better for your health, it can strengthen your relationships and it’s an excellent stress reliever. So, if you currently don’t tend to cook very often, now is definitely the time to reconsider.