



Stay Healthy

NUTRITION TIPS DURING THE PANDEMIC

MAKE A PLAN

As we're minimizing trips to the grocery store, it's important to plan ahead! Plan out your week (breakfasts, lunches, dinners, and snacks). Consider the following:

- What does your family like to eat?
- How much time and energy will you have to cook?
- What do you already have in your freezer or pantry?

Some great foods to put in your plan:

- Tacos: almost anything can be rolled into a tortilla and made into a taco! (think buffalo chicken, breakfast tacos with eggs and bacon, or veggie tacos)
- Curries: almost anything in your freezer or pantry can be made into curry with curry paste + coconut milk (sweet potato curry, red lentil curry, ground beef curry)
- Soup + Stew: onions, garlic, veggies + grains + beans = there you go!
- Pasta
- Baking: bread, muffins, cookies

INCLUDE YOUR KIDS

Just because you are at home does not necessarily mean you have more time to cook (especially if you are now suddenly responsible for teaching your children).

- **Reading/Writing:** Ask your kids to make a list of what's in the pantry and refrigerator. Then, have them look through cookbooks or online recipes sites to find meals and snacks that use up what is on hand. Have them share their breakfast, lunch, or dinner meal ideas.
- **Math:** Find math in measuring spoons and cups, counting out numbers of ingredients, taking stock of pantry items, or planning the time it will take to prepare, cook, eat, and clean up a meal.
- **Science:** Get kids involved in baking bread, cooking an egg, or creating a homemade salad dressing—then, search the internet to discover the science behind why ingredients change when they are combined, heated, or blended

STOCK UP

Stock up on nutrition-packed foods that will stay fresh for a week or longer.

- Breads—corn tortillas, whole grain English muffins, bagels, breads, wraps, frozen whole wheat waffles
- Grains—instant oatmeal, quick cooking pasta, frozen brown rice, couscous, refrigerated pizza crust
- Fruits—sturdy fresh fruit (apples, citrus), dried, plain frozen, canned in juice or water
- Vegetables—sturdy fresh veggies (celery, broccoli, onions, potatoes), plain frozen, low sodium canned, sun-dried
- Sauces—tomato pasta sauce, salsa
- Soups & Broths—canned, frozen, shelf-stable cartons
- 100% Juice—refrigerated, frozen, canned, boxed
- Milk—fresh, canned, shelf-stable packages
- Eggs—fresh eggs, egg whites in cartons
- Cheese—sliced, cubed, shredded, crumbled, grated hard cheese
- Beans/Legumes—canned beans (black beans, chickpeas), dry beans
- Nuts and seeds—bagged, canned, nut butters
- Chicken—frozen or canned
- Seafood—frozen ready-to-cook fish fillets, frozen shrimp, canned tuna, salmon, and sardines
- Beef—pre-made frozen lean ground patties or meatballs
- Flavorings—add zing with dried herbs & spices, vinegars, mustard, hot/steak sauces, lemon/lime juice, light dressings, honey, Greek yogurt

AT THE SUPERMARKET

- Use a disinfecting wipe—wipe your hands and grocery cart handle, then put the wipe in the trash.
- Prepare for the unexpected—supermarkets are running low on many items. Be ready with a back-up plan if an ingredient you need is unavailable.
- Keep the less fortunate in mind—contribute to local pantries and soup kitchens now. Then, when it is all over—donate extra food you stocked up on that is still fresh and safe to eat.
- Use contactless payment or credit cards. If you use the payment keypad, tap the buttons and screen with your knuckle—then use hand sanitizer after completing your payment.
- Limit purchases of tempting foods like chips, sodas, cookies, and ice cream. They are high in empty calories and run up your grocery bill.
- Keep costs down—consider low cost alternatives. Instead of buying ready-made hummus, puree a drained can of chickpeas to make your own. Try a meatless meal, like chili with beans instead of beef. If fresh fruits and veggies are too costly—remember, canned and frozen fruits and vegetables provide the same nutrients as fresh.
- Think about friends and neighbors, especially older adults or those with health conditions. Could you save them a trip to the grocery store?

EATING AT HOME

Whether it is homemade or takeout, eating more meals at home is a new routine for many families. Keep the stress down by making mealtime fun.

- Get the family involved—kids can help set the table, pour the water, make the salad, or grate the cheese. Make mealtimes a family affair.
- Try some new recipes—if you have never made homemade pizza, roasted a whole chicken, or cooked meatballs from scratch—now is a good time to try! There are lots of great recipes on the internet! Look for those that call for only a few ingredients and use common kitchen tools.
- Reconnect with the family—eat together at the table or spread a blanket on the floor and have an indoor picnic. Be sure to separate mealtime and TV time—watching while eating makes it too easy to pay attention to TV and not your food, so you are likely to overeat. Wonder what to talk about at mealtime? Chat about things you will do this summer, tell jokes—just keep the conversation upbeat and fun.