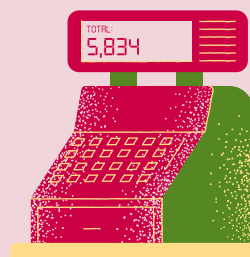


HEALTHY EATING DURING COVID-19

Focusing on Safety and Health

Several changes, including stay-at-home orders and shifts in employment, occurred in response to COVID-19. For some, these changes led to "panic buying" or hoarding.¹ For others, COVID-19 increased hunger. This handout offers:

- Tips to help you stay safe when grocery shopping.
- Information on healthy, affordable ideas for home-cooked and take-out meals.
- Ways to reduce food waste and help others in need.



GROCERY SHOPPING TIPS ²

- Try online shopping. Several stores offer delivery or pick-up.
- Make a **grocery list** to prevent overspending and hoarding.
- Practice social distancing, wear face masks, and disinfect carts when shopping in-person.
- **Wash your hands frequently** or use hand sanitizer if hand washing stations are not available. The CDC recommends using hand sanitizer with **at least 60% alcohol content**.

HEALTHY EATING PATTERNS ³

During COVID-19, it is especially important to maintain immune health. Eating a **balanced diet** high in fruits, vegetables, and whole grains can help. Here are some nutrition tips to support health:



- Select a variety of **produce**. Try plain frozen or canned if fresh is not available.
- Choose **whole-wheat** options for bread, tortillas, or pasta.
- Vary proteins. Try **plant-based proteins**, including soy, beans, nuts, and seeds.
- When choosing animal-proteins, choose lean beef, poultry without skin, and fatty fish.
- Try **low-fat or fat-free** dairy. Soy milk is also a great alternative.
- **Limit frozen dinners and snacks**. These tend to be high in sodium and added sugars.
- Keep your meals **colorful**. Check out MyPlate.com for more information.



EAT SMART, EVEN WITH TAKEOUT ⁴

Taking a day off from cooking, but still want to make healthy choices? Here are some simple ideas to help:

- **Swap** fried sides for fresh fruit or steamed vegetables.
- **Try** foods described as "grilled," "baked," "steamed," or "broiled."
- **Limit** "fried," "creamy," and "breaded" entrees.
- **Replace** sugary drinks, like soda, sweet tea, or punch with water, regular tea, or plain coffee.

REDUCE FOOD WASTE ⁵

Buying in excess and improper storage can lead to food waste. During COVID-19, meeting other's food needs is an important part of **building community**. Here are tips to reduce food waste in your home:



- Leftovers? Refrigerate them **within 2 hours** to prevent spoilage.
- Organize your fridge and pantry using the **F.I.F.O.** , or the **"First In First Out"** method. Why? Placing food items with earlier expiration dates in the front helps you use older food first.
- Check out the USDA's **FoodKeeper App** for more advice on food storage to prevent early spoilage.⁶
- Donate unexpired and unopened foods to those in need.

RESOURCES



Scan here to visit **ChooseMyPlate**.
<https://www.choosemyplate.gov/>



Scan to visit **Food Loss and Waste** from the USDA.
<https://www.usda.gov/foodlossandwaste>

EVEN SMALL CHANGES CAN MAKE A DIFFERENCE

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⁶ United States Department of Agriculture. Food Loss and Waste. USDA. <https://www.usda.gov/foodlossandwaste>. Accessed July 25, 2020.