

COVID Coping Strategies



EAT HEALTHY

There's no better time to improve your health and keep your immune system strong through healthy eating. Here are some steps you can take now to eat healthy, minimize trips to the supermarket, and have FUN!"

Before you shop plan ahead.

What will your family eat for breakfast, lunch, and dinner for the entire week? Consider what you need, your family favorites and the time required for preparing meals.

Have children at home?

Include them in your meal planning, prep, and clean up. Ask your kids to help make the grocery list. Have older children scan through cookbooks or online recipe sites for meal ideas.

Emphasize color & whole grains.

The healthiest meals focus on whole grains, vegetables, and fruits. Serve them in the greatest amounts with smaller meat portions. Examples include whole grain English muffins, bagels, breads, wraps, frozen whole wheat waffles, brown rice, couscous, fresh or dried fruit, and plain frozen or canned veggies.

Keep costs down.

Instead of buying ready-made items try your hand at scratch recipes. Or try a meatless meal, like chili with beans which can be less expensive than beef. Canned and frozen fruits and vegetables provide the same nutrients as fresh and can also help hold down expenses.

During the pandemic, consider this:

- Try online shopping to save time and align with social distancing guidelines.
- Wear a protective mask while shopping and be sure to disinfect your grocery cart handle.
- Use credit cards, rather than cash, and when you tap the keypad, touch the buttons and screen with your knuckle. Then then use hand sanitizer after completing your payment.