

Nutrition During a Pandemic

Shopping: Plan ahead to avoid panic buying once you get to the store.

- Take stock of what you have at home.
- Write a list of the items you need—be specific and organize your list.
- Plan meals and snacks to last at least one week.
- Include a mix of fresh, frozen, and canned foods from each good group.
- Prepare to be flexible: it's okay if you have to buy different products or items because the store is out of your original item.
- Wear a scarf over your mouth and nose at the store.
- Wash your hands as soon as you get home.

Food Safety:

- There is no evidence that COVID-19 can be transmitted through food!
- Wipe down cans/jars before putting them away.
- Wash all produce before you eat it.
- Be sure to cook your meat the entire way through.

Look for long lasting produce:

- There is still plenty of fresh produce available on the shelves!
- Be sure to [properly store your food](#) so it does not go bad quickly.
- Buy produce that will last at least 1 week in the fridge:
 - Fruit: apples, pears, oranges, mango, pineapple (some fruit may need to ripen on the counter, then placed in the fridge)
 - Vegetables: carrots broccoli, eggplant, squash, zucchini, cabbage
- Potatoes, onions, and garlic can be stored in a cool, dark place.

Practice mindfulness with meals and snacks:

- Check in with your hunger level when you reach for food. If you feel hungry, grab a snack or meal!
 - Set regular reminders to remember to eat if you tend to get caught up in your online work.
- If you notice you are eating for comfort when you feel bored or negative emotions, try to find additional coping skills:
 - Call a friend or family member
 - Have a dance party to shake out your anxiety
 - Play with your pets
 - Write a short gratitude list
 - Step outside for a few breathes of fresh air