






Get Savvy with Groceries

Grocery shopping may occur less frequently during the COVID-19 pandemic. It is still essential, if not more, to eat nutritious meals to ensure good strength & immunity. Here are some tips to shop smart, and be prepared to assemble nutrient-dense meals at home:

Practice Meal Planning:

Plan out 1 to 2 weeks of meals, if possible. Consider meals that will freeze well, such as casseroles, soups, muffins and breads. These can be frozen for 2 to 3 months without losing significant nutrient quality. This will also help reduce number of trips to the store.

Shop Swiftly and Safely:

- Make a shopping list according to your meal plan.
 - Group your grocery items by their section in the store (dairy, dry goods, produce, etc.) This will make it easy to grab everything on your list in one walk through, avoid walking back and fourth, and ultimately reduce time spent in the store.
 - Sanitize your hands and cart or basket upon arrival.
 - Wash your hands after leaving the store.
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Lengthen Leftovers





- Stretch each meal to further reduce trips to the store.
- Use leftovers in soups, salads, or sandwiches.
- Freeze any leftovers that won't be eaten.
- Call a neighbor, friend, or family member for ideas to use a portion of something leftover.

Sometimes things don't go to (meal) plan, and that's when stored foods come to shine. Keep the following items on hand to prepare healthful meals when you can't go to the store.

For the Pantry:

- Dried or canned beans (such as black, garbanzo, kidney, white and pinto beans)
- Green, yellow or split peas
- Lentils
- Canned vegetables with no added salt (such as tomatoes, green beans, corn)
- Dried or canned fruit in 100% fruit juice
- Pouches or cans of fish and chicken
- Nuts, seeds, and nut butters
- Olive, canola or other vegetable oils
- Dried herbs and spices
- Whole grains (such as brown rice, quinoa, oats, millet and whole-wheat pasta)

For the Freezer:

- Vegetables (such as broccoli, cauliflower, carrots, Brussels sprouts)
 - Fruit (such as berries, cherries, and bananas)
 - Whole wheat breads
 - Poultry
 - Seafood
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Adapted from:
<https://www.eatright.org/food/planning-and-prep/smart-shopping/getting-groceries-during-quarantine>



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