

The Importance of Nutrition

DURING A CRISIS

During this time, it is important to have healthy eating routines, whether you are stuck at home, still working, or both. You should continue to consume adequate amounts of calories for energy, not too much and not too little. Eating a variety of nutrients is important for our immune system, especially when trying to fight off viruses and other germs. Remember to keep health and nutrition a priority, especially during a time of crisis.

Tips to Stay Healthy



Eat foods that support your immune system

Leafy Greens - High in Folate - can be tossed into smoothies, eggs, sauces, soups, etc.
Beans - High in Zinc and Iron - try canned beans for chili or use as a side to your tacos.
Carrots & Sweet Potatoes - High in Vitamin A - potatoes last for a month in cool dark storage.
Strawberries & Bell Peppers - High in Vitamin C - try frozen or canned if there are no fresh.
Avocado & Nuts - High in Vitamin E - slice avocado over toast, eggs, freeze for smoothies.



Healthy tips & tricks for your food

Sodium - To reduce sodium, rinse canned veggies before eating. Buy low sodium soup if able.
Meal Prep - Prepare nutritious meals and snacks that you and your family can eat all week, i.e. lasagna, chicken veggie stir-fry, an oatmeal bake, blueberry muffins, hard-boiled eggs, etc.
Frozen Food - Broccoli is also high in Vitamin C, try frozen broccoli as the ice in a smoothie!
Bread - Freeze your bread. Only take out what you need at a time, defrost it in the microwave or just pop it right into the toaster.



Get creative with food at home

Cooking - Kids at home? Make it a fun family bonding experience. Pretend you're on the TV show *Chopped* and try making a meal with what you have in the house.
New Recipes - Try out new recipes like homemade pizza, or soup. Use *Pinterest* for ideas!
Minimize Waste - Try freezing food that could expire for later use. Get creative with leftovers. Use leftover chicken on a salad, or make chicken noodle soup. Wrap dinner leftovers in a tortilla for lunch the next day.



Stay positive - stick to your normal routine

Stay Positive - Remember to stay positive. If you're stressed you might eat differently. Practice healthy, stress relieving activities like walking the dog, in-home workouts, reading, meditation, cooking, or picking up a new hobby.
Routine - If possible, stick to your regular routine. Wake up and go to bed at your normal times, eat meals and snacks throughout the day as you usually would. This is important to keep a good mindset for physical and mental health.

For more information:

- 1) <https://nutrition.org/making-health-and-nutrition-a-priority-during-the-coronavirus-covid-19-pandemic/>
- 2) <https://www.eatright.org/health/wellness/preventing-illness/support-your-health-with-nutrition>
- 3) <https://www.eatright.org/food/planning-and-prep/smart-shopping/shop-healthy-on-a-budget>