Eating for Good Health during the COVID-19 Pandemic

Social distancing has changed daily routines, including eating, for many of us. With some planning and creativity it is still possible to eat healthfully to be able to maintain good health. This is especially important for people with chronic conditions such as diabetes.

Shop your Refrigerator First: Plan Meals Based on the Foods You Already Have

- Looking for healthful ways to reduce your trips to the store? Get creative with what you have on hand. Check the refrigerator, freezer and pantry for foods that need to be used up. Leftover meats and veggies can be added to soups, salads or sandwiches.
- You can save leftovers for a meal later in the week or frozen. Keep in mind that leftovers should be used within three to four days and reheated to a minimum internal temperature of 165 degrees Fahrenheit.

Groceries

- If you have to go inside a store, you reduce the amount of time you spend there by making a list according to the section of the store these items are located in.
- Prepared for the unexpected—supermarkets are running low on many items. Be ready with a back-up plan if an ingredient you need is unavailable.
- Many stores offer disinfectant wipes to clean your hands and wipe down cart and basket handles before shopping, or you can use your own wipes and hand sanitizer.
- You can also try online grocery ordering for delivery or pick-up if available. Be sure to wash your hands thoroughly after putting away your food.
- Canned and frozen fruits and vegetables provide similar nutrients as fresh. Go for low sodium canned veggies and fruits canned in juice or water if available.
- If the store has run out of frozen items like vegetables, fruits, chicken, or fish, you can purchase fresh versions and freeze them. Breads and muffins, whether packaged or homemade, also freeze well for several months.
- Vegetables such as broccoli, asparagus, green beans, carrots, and Brussels sprouts freeze well as do fruits like bananas, all berries, cantaloupe, and pineapple. Chop into bite-size pieces and place in a freezer bag.
