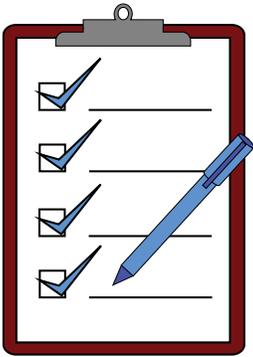




GROCERY SHOPPING DURING COVID-19

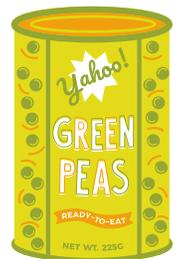
BEFORE YOU SHOP



- Keep track of the foods you already have at home.
- Try planning a rough schedule for the next 2-3 weeks to help with grocery shopping.
- Plan to buy enough for 1-2 weeks with 3 meals and between 1-3 healthy snacks a day.
- Aim for 3 different food groups at each meal, and 2 food groups at each snack.

AT THE GROCERY STORE

- Give yourself a little more time than usual to accommodate long lines.
- Only buy what you need and save products for others who might not be able to buy in bulk.
- Canned and frozen fruits and vegetables are just as healthy as fresh. Remember to rinse canned food before consuming, and consider buying these to use after your fresh produce is finished.
- Canned or dried beans and lentils are a great source of protein to add to soups, stews, and salads.
- Canned fish and meat are great for sandwiches.



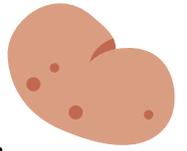
For reliable COVID-19 information and recipes please visit www.meant2prevent.ca



A type 2 diabetes prevention initiative for children and youth presented by Sun Life

FOOD STORAGE

- Tofu and eggs last a long time in the fridge.
- Grains store well. Try whole grains like dry pasta, rice, oatmeal, bread, couscous, crackers, barley.
- Bread can be stored in the freezer and toasted.
- Blanche vegetables and store them in the freezer.
- Try vegetables and fruits that have a longer shelf life when stored properly like onions, potatoes, yams, cauliflower, carrots, apples, oranges and kiwis.
- Visit www.stilltasty.com to learn about proper food storage.



MEAL IDEAS



- Deconstructed family meals like serve-yourself salads or build-your-own bowls are fun and can help cut down on food waste!
- Tip for families with young children: try muffin tin meals! Put different leftover finger foods (unsalted nuts, pasta, grapes, vegetables, chicken strips) in each section of the tin and let kids mix and match.
- Soups, stews, casseroles: make double batches of each and freeze half. Choose family-favourite recipes that you know everyone will love.
- Introduce a fun activity for mealtime conversation, ex. say something nice about each family member.
- Keep your kids busy and help them develop new skills by involving them in cooking, baking, setting the table, or washing dishes!

