

News Column for Use Week of 4/6/2020
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Tips for Shopping During the Coronavirus

Many of us are experiencing various effects of the Coronavirus. I want to take this opportunity to express the importance of eating healthy. During this time of social distancing it is especially important to plan well before making a trip to the grocery store. I want to share a few tips to help you plan a trip to the grocery store during quarantine or during a time when we should avoid being around others.

First, plan a menu for two weeks of meals. Make a list, include shelf-stable foods like nuts, seeds, nut butter, dried beans or canned beans like, peas, lentils, black, kidney, or pinto beans. Choose vegetables with no added salt such as tomatoes, green beans or corn. Fresh fruit is great, however, include dried fruit or canned fruit in 100% juice. Use the fresh items first then incorporate the food items that last longer. Whole grains are the healthy choice, choose items like brown rice, oats, and whole-wheat pasta. Include canned tuna or chicken to be used in a casserole. Frozen foods are packed at their peak of nutritional value, choose frozen vegetables such as broccoli, cauliflower, carrots and brussels sprouts and frozen fruits such as berries and cherries.

Let kids help plan the menu, of course, they will not do the shopping with you. However, they like to be included. Let them help prepare the meal. Planning meals will help use common sense and avoid the temptation to purchase too many of a single item. Take what you need, use it, plan well, be smart about using all that you have purchased.

To reduce the amount of time spent at the grocery store organize your list according to the section of the store certain items are located. This will prevent having to run from one end of the store to another. Try to buy the perishable items on your list last.

Many stores offer disinfectant wipes to clean your hands and wipe down the cart and basket handles before shopping. Remember to wash your hands right away when you return from the grocery store, put away your food items and wash your hands again.

Plan well and enhance your immune system by eating healthy foods. Yes, you can make a plan.

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