## · SHOPPING DURING COVID-19 ·

# 1 WEEK OF GROCERIES



PICK FRESH & FROZEN

Ideally lunch and dinner will include

half a plate of vegetables. Pick 5+

types of vegetables and 2+ different

fruits when shopping. Buy frozen

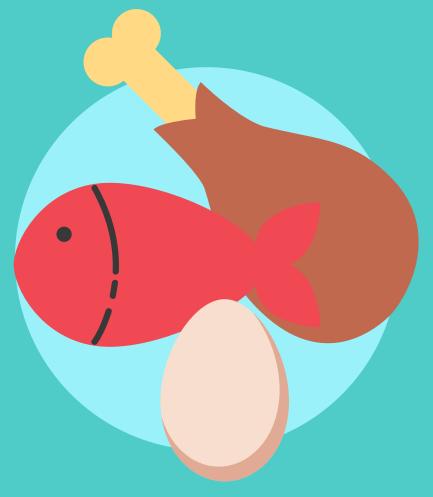
produce which tend to have shorter

shelf life. Ex. long green beans,

spinach, avocado, and berries.

# BREADS/BUNS

Bread/buns/bagels freeze well and should be eaten within 30 days. Take out a slice when you are hungry, toast, and enjoy.



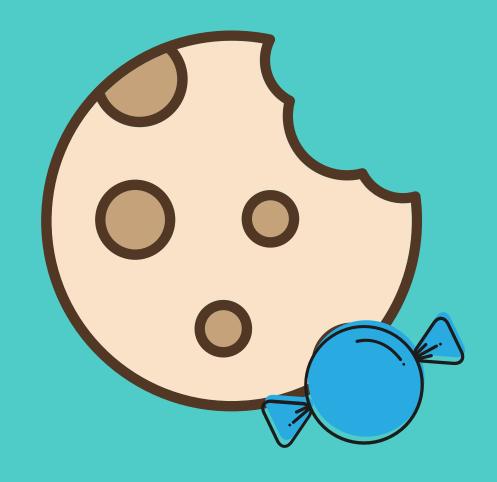
#### **PROTEIN**

To foster variety, try to include 2-5 different types of protein in the week. It can include fresh or frozen cuts of meat and fish, tofu, dried/canned pulses and legumes, eggs, and dairy products.



#### LESS-PERISHABLE ITEMS

Include nourishing options which are less-perishable such as legumes, nut butters, whole grain pastas, quinoa, oatmeal, canned fish, and canned vegetables.



#### **TREATS**

Food is fuel, and so much more! Experiment with mindful eating: how yummy does every bite of this treat taste? include a favorite treat with your regular shopping!



### AVOID STOCKPILING

More is not better. Only buy what you need! With some thoughtful planning, your grocery list should ensure you and your family are well fed!