

# • SHOPPING DURING COVID-19 •

## 1 WEEK OF GROCERIES



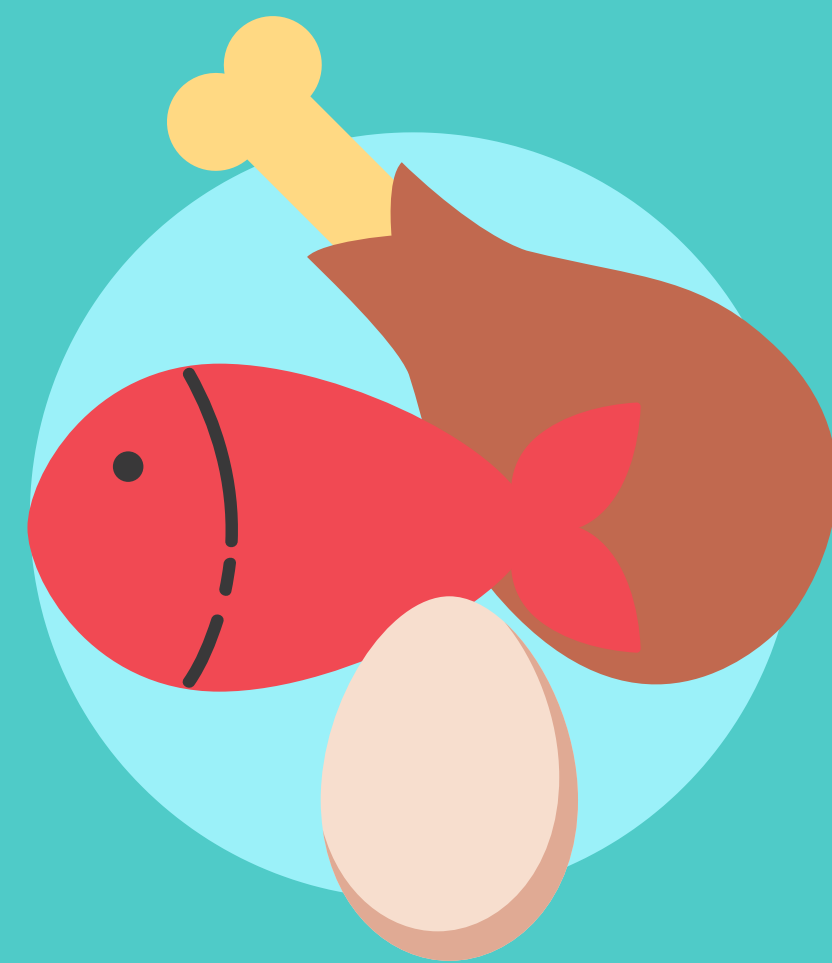
### PICK FRESH & FROZEN

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.



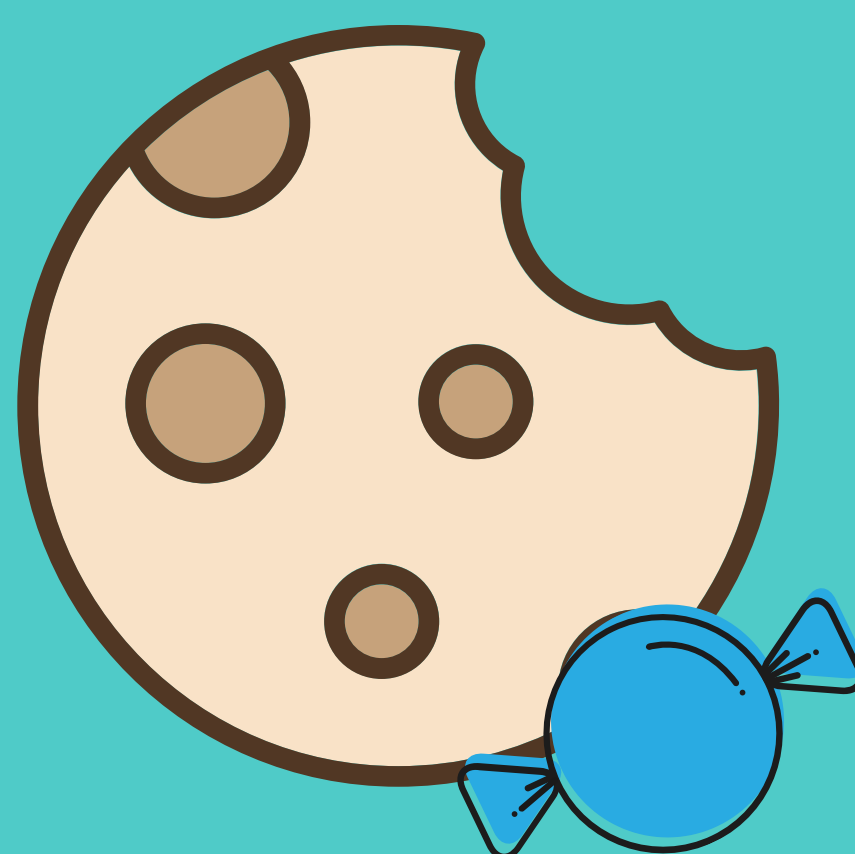
### PROTEIN

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!