

GROCERY SHOPPING & MEAL PLANNING

Helpful nutrition tips during COVID-19



NEED TO LEARN BASIC COOKING SKILLS?

This website offers video tutorials on just that!
<https://www.cooksmarts.com/goals/learn-to-cook/>

FIND YOURSELF COOKING FROM HOME FOR THE FIRST TIME? WHAT ARE SOME RESOURCES TO HELP GET STARTED?

Start simple. Meals don't need to be complicated and fancy to taste good. Start by trying to find recipes that call for five or fewer ingredients. Look into these websites to give you ideas for meals and snacks.

- [Cookspiration.com](https://www.cookspiration.com)
- [therealfoodrds.com](https://www.therealfoodrds.com)
- [eatright.org](https://www.eatright.org)
- [unlockfood.ca](https://www.unlockfood.ca)

Plan ahead. Plan out the meals you would like to make for the week and create a grocery list. Doing this will help to reduce stress and minimize the trips you have to take to the grocery store.

Remember balance. Try to incorporate a protein, a whole grain and vegetables or fruit at each meal. Try to think of non-perishable foods that fit into each of these categories.

HOW CAN I BEST USE THE FOOD I BUY?

One of the best ways to utilize food is to be well prepared. Follow the 3 P's of meal planning – plan, prepare and pack.

Planning meals ahead of time helps you stick to healthier food choices and reduces trips to the store. This will help you limit exposure to the coronavirus while saving you time. Plan out your meals using a weekly menu planner and make a grocery list to help you stick to the essentials and prevent impulse-buying. Try to plan meals for at least five days. Making your own meals instead of buying ready-made food from restaurants is also more nutritious and economical.

Consider batch cooking or utilizing “roll-over” meals where similar ingredients are used or repurposed. Appliances such as a slow cooker, rice cooker, pressure cooker or microwave, can be used to make larger batches of food while saving you time and extra dishes. Save time by cutting fruits and veggies ahead of time. Cook extra portions of meats, rice or pasta that can be packaged and frozen for use on another day.

WHAT FOOD SHOULD I BUY TO PREPARE FOR HOME QUARANTINE?

In order to be prepared for home quarantine, it is important to have enough food on hand to last your household for 14 days. In order to do this include a variety of foods that last longer.

Fresh foods – choose fruits and vegetables that tend to last longer and use it up first

- Vegetables such as carrots, beets, squash, cabbage, celery, zucchini, cauliflower, brussel sprouts
- Fruit such as apples, pears, pineapple, oranges, melon, grapefruit

Chilled goods – check best before dates

- Milk, yogurt, cheese
- Eggs
- Meat, chicken and seafood (freeze immediately)
- Tofu
- Butter or margarine

Frozen foods

- Frozen fruit and vegetables
- Frozen meat, chicken and seafood

Limit quantities of processed “treat” foods such as chips, candy, chocolate, soda, pre-made baked goods and other indulgences. This will keep down costs and keep your health in check.

Food for the pantry

- Starchy vegetables such as potatoes, sweet potatoes or yams (store in a cool, dry place)
- Canned vegetables
- Canned or dried fruit
- Canned or dried legumes (beans, chickpeas, lentils)
- Canned meat and fish
- Nuts and seeds, trail mix, nut butters
- Evaporated milk or skim milk powder
- Shelf-stable plant-based milk alternatives (i.e., almond milk or oat milk)
- Canned soup, stews and broth
- Canned tomatoes and tomato sauces
- Pasta, rice, couscous, quinoa, millet
- Instant mashed potatoes
- Crackers, granola bars
- Bread, wraps/flatbreads (freeze to prolong life)
- Cold dry and hot cereals
- Vegetable oil, spices, dried herbs
- Flour, sugar, baking soda and baking powder
- Coffee/tea



HOW TO SUBSTITUTE INGREDIENTS AND GET FOOD ON THE TABLE?

Perishable food items may not always be on hand while in quarantine or self-isolation. Here are some suitable substitutions for commonly used fresh foods:

1 egg (for use in baking)	2 tbsp mayonnaise OR ½ tsp baking powder + 1 tbsp vinegar + 1 tbsp water
1 tbsp fresh herbs	1 tsp dried leaf herbs OR ½ tsp ground dried herbs
1 cup mayonnaise (for use in salads or salad dressings)	1 cup plain yogurt OR 1 cup sour cream
Ground beef	Lentils can be used in place of ground beef in many dishes (i.e., spaghetti, tacos, sloppy joe's, chili, soups, stews, burgers, etc.)
Chicken breast	Canned chicken or fish can be used in place of chicken breast in many soups, pastas and salads.
Cow's milk & soy milk	non-dairy milk such as almond milk or coconut milk can be used on breakfast cereals and in smoothies in place of soy and cow's milk. Although they are not nutritionally equivalent in terms of protein content, they are shelf-stable prior to opening.
Wheat flour	oats can be used in place of wheat flour, either in their rolled form or milled down into oat flour

RESOURCES

Healthy eating during the COVID-19 pandemic

- <https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/covid-19.html>

Grocery Delivery & Pick Up Services

- Men in Kilts: Email edmonton@meninkilts.com
- Bag-Half-Full: Online form at baghalffull.com or call 780-952-7101 or 780-297-7800
- Fly & Fetch: flyandfetch.ca
- Foodsearchinc.com
- Fresh Routes: freshroutes.ca or call 403-249-8350
- Good Food: makegoodfood.ca
- Instacart: instacart.ca
- Italian Centre Shop: italiancentre.ca
- Save on Foods Online: shop.saveonfoods.com
- Superstore PC Express: realcanadiansuperstore.ca
- The Organic Box: theorganicbox.ca
- T&T Supermarket: tntsupermart.com
- Check with your local grocery store for delivery and pick up services.

Essential Needs Delivery Contacts

- IFSSA (Islamic Family & Social Services): Call 780-900-2777
- ICNA Sisters: Call 587-708-1364
- Masjid Quba: Call 780-426-6373



REFERENCES

1. <https://metrosouth.health.qld.gov.au/sites/default/files/content/covid-19-preparing-to-eat-well.pdf>
2. <https://metrosouth.health.qld.gov.au/sites/default/files/content/covid-19-food-isolation.pdf>
3. https://www.ottawapublichealth.ca/en/public-health-topics/resources/Images/corona/Prep-for-Pandemic-COVID-19-Factsheet_EN-v10.pdf
4. <https://daa.asn.au/voice-of-daa/hot-topics/>
5. <https://www.pennutrition.com/viewhandout.aspx?Portal=Uby=&id=J8LuWgM=&PreviewHandout=bA==>
6. <https://www.canada.ca/en/health-canada/services/general-food-safety-tips/safe-food-storage.html>
7. <https://www.eatright.org/food/planning-and-prep/smart-shopping/getting-groceries-during-quarantine>