

# Grocery Shopping During the COVID-19 Pandemic

1. Don't panic.
2. Take stock of what you already have. Figure what you already have and throw away anything that has expired.
3. Make a grocery list. This will help you avoid making multiple trips to the grocery store.
4. Only one person from your house, who does not have any symptoms, should run errands and buy food.
5. Keep your distance. When shopping, try to keep a distance of 2 meters from other shoppers and remember to not touch your face and sanitize your hands as much as possible if you are touching something that others may be possibly be touching.
6. Buy only what you need. Plan to buy enough food to last you and your household 2 weeks. During times like these, we all need to ensure that everyone in the community has access to adequate food supplies, hand sanitizer, cleaning supplies and medicine.
7. Storing food. Assume that everything you bring into your home may be contaminated. Wash what you can with soap and water, such as canned goods and cleaning supplies and rinse off your produce very well. Keep grocery bags on the floor, and use disposable bags if possible. Throw the bags away after or put them some place where no one will touch them for a week.

## Tips on WHAT to purchase

### Produce:

- Choose produce that can last longer in the refrigerator and can be frozen easily. Refer to the attached chart at the end of this document for some examples.
- Canned or frozen fruit and vegetables are an excellent choice as well.
  - o When choosing a product, aim for fruit that is packed in water (rather than syrup) and canned vegetables with the least amount of additives to it.

### Meats:

- Freezing meat
  - o Pre-portion the meat into separate packs, that way you only have to defrost what you need
- Dried meat
- Canned meats
  - o Canned fish is a great source of protein and can be used in:

- Salads
- Sandwiches
- Dips
- On crackers
- Made into patties or loaves
- Avoid
  - Prepackaged meats in the frozen aisle (breaded, high in sodium)

### **Dairy:**

- Freezing milk. It is doable and totally safe.
- Soy milk lasts longer in the fridge than dairy – and is just as nutritious as dairy
- Avoid other plant-milks such as almond milk or oat milk
  - They are not as nutritious as soy or cow's milk

### **Others:**

- Dried pastas
- Canned beans and lentils
- Canned tomato sauces
- Nuts and seeds in the bulk aisle
- Whole grains
  - Oatmeal
  - Brown rice
  - Quinoa
  - Barley
  - Buckwheat

Don't forget that we are in this together. If you know of someone in your community, such as an elder, who could use a hand getting supplies, offer to deliver meals or groceries outside their door or let someone else know who may be able to help. This is a stressful time for all and as such we need to pull together and ensure that food is not an extra added factor of stress.

Continue to practice good personal hygiene and Physical Distancing as much as possible.

# LONG LASTING FRESH PRODUCE



## ACORN SQUASH

cool dark place  
2-4 weeks



## APPLES

pantry: up to 2 weeks  
fridge: up to 2 months



## BEETS

pantry: 3-5 days  
fridge: up to 2 weeks



## BUTTERNUT

cool, dark place  
up to 6 months



## CABBAGE

pantry: 1-2 days  
fridge: 4-5 weeks



## CARROTS

pantry: 2-4 days  
fridge: 3-4 weeks



## CAULIFLOWER

pantry: 1-2 weeks  
fridge: 1-2 weeks



## CITRUS

pantry: 1-2 weeks  
fridge: 3-4 weeks



## GARLIC

cool dark place  
6 months



## ONIONS

summer: 1-2 months  
winter: up to 6 months



## PARSNIPS

pantry: 4-5 days  
fridge: 3-4 weeks



## POMEGRANATES

pantry: 1-2 weeks  
fridge: 1-2 months



## POTATOES

cool, dark place  
2-3 months



## SPAGHETTI SQUASH

cool dark place  
1-2 months



## SWEET POTATOES

cool dark place  
2-3 months



## TURNIPS

fridge: 2-3 weeks

@NUTRITIONtoFIT

# Preparing the Essentials

## Pantry

- Canned Vegetables
- Canned and Dried Fruit
- Whole Grains
- Rice and Pasta
- Crackers, Rice Cakes
- Soups, Jarred Pasta, Stocks and Broths
- Nut Butters
- Cooking Oil, Salt & Pepper, Other Spices & Condiments
- Healthy Snacks
- Coffee & Tea



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## Fridge & Freezer

- Fresh Root Vegetables
- Apples & Citrus Fruits
- Eggs
- Nuts
- Yogurt & Cottage Cheese
- Cheeses & Cured Meat
- Frozen Vegetables and Fruit
- Bread



## Non-Food Essentials

- Medicines
- Basic Medicines & Pain Relievers
- Young Children: diapers, formula, and other supplies
- Hand Soap, Menstrual hygiene ducts & other basic toiletries

