

COVID-19 Self-Quarantine Helpful Food Tips

Have a 14 day supply of shelf stable food per person. Tuna packs, canned chicken and tuna, canned vegetables and fruits, granola/protein bars, nuts/seeds, dried fruit, whole grain cereals.



Remember to have foods on hand in case of illness. Have a supply of sports drinks or Pedialyte and easy to eat foods like broths, soups, pudding, and jello cups.

Check out these immune boosting foods/recipes:

<https://www.eatright.org/health/wellness/preventing-illness/support-your-health-with-nutrition>

To decrease boredom while stuck inside why not try your hand in the kitchen preparing a new meal?

You may find you enjoy cooking when you have a little more leisure time. Use the internet for ideas or dust off that old cookbook and make a plan for your meals!

Try out the latest MyPlate app: <https://www.choosemyplate.gov/startsimpleapp> for additional support.

