

Top Tips for Healthy Eating During the COVID-19 Pandemic

1. Plan ahead.

- ✓ Think about your meals and snacks in advance to avoid multiple trips to the grocery store. Try using a [Weekly Menu Planner](#). These plans can be kept for future use. For helpful meal planning tips, see "Meal Planning."
- ✓ Create balanced meals: 1/2 plate vegetables and fruit, 1/4 plate protein, 1/4 plate whole grains.
- ✓ Balanced snacks including fibre and protein, such as apple and peanut butter or whole grain crackers and cheese, can help keep you fueled between meals.
- ✓ Stay hydrated. Consider keeping a water bottle at your workstation.



2. Stick to a schedule.

- ✓ Aim to have three meals per day, every 4-6 hours.
- ✓ For those who don't regularly work from home, it may be beneficial to prepare your meals and snacks as though you are going to work for the day. Plan similar timing for meals as you would at the office.
- ✓ Eat your meal away from your work area. It can help you recharge both physically and mentally.

3. Shop on a budget.

- ✓ To reduce your grocery bill, consider frozen foods such as fish, meat, vegetables, and fruit; canned foods such as beans, lentils, and tuna; and bulk whole grains such as oats, brown rice, whole grain pasta, and barley. To learn more, see "Shopping on a Budget."

4. Consider healthy substitutes.

- ✓ Be mindful that during this time, certain ingredients at the grocery store might be out of stock. Consider simple substitutes as a backup plan like chickpeas instead of chicken in your stir fry. Use Canada's Food Guide to find alternative ideas for each section of the plate.

5. Make your food last.

- ✓ Leftovers can be a great way to reduce food waste. Consider including leftovers as part of your meal plan. Keep leftovers in the fridge for up to 3 days - reheat thoroughly before eating. For more information, see the "Top Tips for Making Food Last Longer."

6. Be Mindful.

- ✓ During times of uncertainty, we may be feeling new or unfamiliar negative emotions. If you notice you are reaching for food to comfort yourself, consider other forms of self-care such as calling a friend, listening to music, yoga, or [Calm Breathing](#). If you are new to self-care, consider a small task each day using the [30 Days of Self-Care](#) calendar. You can also talk to your healthcare provider about the mental health resources available to you through your Primary Care Network.