Eating Tips During the Coronavirus Pandemic

Below are some items that I found are great to have on hand when you have less access to the store or supplies.

March 26, 2020 By Danielle Penick

It seems like almost overnight the Coronavirus outbreak has drastically altered many of our daily habits. But not only is everyone worldwide affected, there's an added layer of concern for those with compromised immune systems, like those undergoing cancer treatment. Currently as someone with a compromised immune system myself, due to being pregnant, I understand how this can result in increased concern and a swirl of questions suddenly start to emerge. And that's understandable as there is so little known about this infectious disease at this time, which doesn't help. Suddenly we're not supposed to leave our homes unless we have to and now we have much more limited options to buy food than ever before. But while we are all in this together, the good news is there is some control that we have when it comes to being prepared with our nutrition during this rare and interesting time.

The last time I went shopping was two weeks ago and I suddenly had a feeling of uneasiness while shopping. I wanted out of the store as just being there made me nervous since we know so little about the implications of the virus. This made me come home and re-evaluate my shopping strategies. My husband and I decided that we are going to only shop online and have the food delivered to our house. Buying groceries will definitely be different in each region of the country so it's important to see what options may be available to you and your family. This shift alone has changed our habits and also made us appreciative of just being able to go to the store when we ran out of something. Now, instead we have to buy in bulk to make it worth the delivery fee and have less options to fresh foods like fresh produce and fresh herbs. Another option may be to have one family member or friend go to the store for you and to go less often by buying in bulk.

Below are some items that I found are great to have on hand when you have less access to the store or supplies. These items can last a while and are great staples for many meals too.

Dry Items: lentils, beans, nuts, seeds, flour, rice, quinoa, pasta, oats, powdered milk, spices, dry cereal, granola, chocolate, crackers

Canned/Jar Items: fruits, veggies, beans, coconut milk, nut butters, tahini, condiments, plant milks,

vinegars, soups, chilis, oils, chicken/beef/veggie stock

Frozen Items: fruits, veggies, edamame, veggie burgers, fish, meat, bread, meals

Miscellaneous: butter, eggs, dairy, sweeteners, tofu, tempeh

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