

## Making the Most of Your Grocery Trips

To prevent infection of yourself and others, it's crucial to stay home. When you do need to make a grocery run, stock up on these nutritious meal builders. This will help you make fewer outings and still eat well.

### Vegetables:

Frozen spinach, corn, peas, cauliflower, and green beans. Fresh herbs like parsley, cilantro, and green onion. Long-keeping veggies like onions, sweet potato, carrots, and cabbage.

### Fruits:

Canned fruit (in natural juice): pears, peaches, and pineapple. Dried fruits: raisins, prunes, dried apples, dates, apricots. Frozen berries. Long-keeping fruits like apples, oranges, fresh lemons and limes.

### Grains:

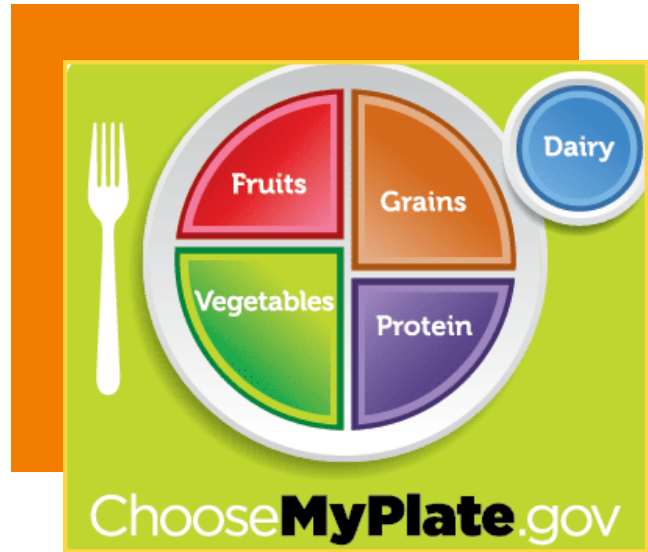
Bulk whole grains: brown rice, pearl barley, quinoa, grits, wheat berries, polenta. Cereals: cheerios, chex, cornflakes, kashi. Breads, tortillas, whole grain crackers (triscuit, wheat thin, nut thin).

### Proteins:

Frozen: chicken breast, shrimp, pork loin, ground sirloin, salmon and tilapia fillets. Canned: tuna, salmon, beans. Peanut butter, nuts, seeds. Tofu, eggs

### Calcium:

Cow milk, unsweetened soy milk, almond milk (try aseptic packages for convenience), white beans, frozen spinach or collards, cans of white beans, fortified tofu.



### Stay At Home Meal Plan:

- Vegetables: 3 or more times per day
- Fruits: 2 or more times per day
- Grains: 3-4 times per day
- Proteins: 3-4 times per day
- Calcium: 3 times per day or take a calcium supplement.
- Water: 64 ounces per day
- Sweets/Treats/Snacks: 1-2 times per day
- Alcohol: maximum 1 drink/day for women, maximum 2 drinks/day for men.