

## 5 nutrition tips & resources to support you during the COVID-19 Pandemic

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The coronavirus (COVID-19) pandemic has brought challenges to eating healthy. Fairview supports your wellbeing and offers tips, resources, and programs to help. Learn more below.

### 1. Follow Food Safety Guidance

Clean and disinfect kitchen surfaces, appliances and cutting boards frequently and wash your hands for at least 20 seconds with soap and water before preparing food and before you eat. Learn more [here](#).

### 2. Support your health with nutrient rich eating

No one food or supplement can prevent illness but you may help support your immune system by including foods with these nutrients in your overall eating plan on a regular basis: Protein, Vitamins A, C & E, Zinc, Probiotics and Beta-Carotene. Read more [here](#) about the role nutrition plays in supporting your immune system.

### 3. Meal planning tips:

Before you go grocery shopping, write down a few ideas of what you will plan to have for meals. This will allow you to pick up everything you need for a few meals in one trip. Want to attend a free cooking class? Ways to Wellness is offering a few select free meal planning and cooking classes through April 30<sup>th</sup>. [Check out the full schedule and register here](#) or visit [discoverw2w.org/calendar](http://discoverw2w.org/calendar).

### 4. Aim for five servings of fruits & vegetables per day.

Remember fresh, frozen and canned all count. When purchasing canned fruits, look for fruit that is packed in its own juice. For canned vegetables, aim to purchase “no salt added” or “low sodium” varieties. Remember to use your Healthy Savings card ([or sign up here](#)) to receive 25% off (up to \$5/week) all of your fresh produce purchases at participating local grocery stores.

### 5. Keep it simple!

Meals don't have to be complicated. A few quick ideas for dinner include: Rotisserie chicken with mashed potatoes (steamed in microwave) and green beans, Veggie Burgers on Whole Grain Buns with Cucumber Salad, [Quick 5 ingredient chili](#) or a [simple sheet pan dinner](#)s (ex one pan roasted chicken and veggies). Need ideas for what to make for dinner with ingredients you have in your kitchen? Use the **Supercook** website or download the app. Enter the items you have and this site will give you recipes ideas! Visit [supercook.com](http://supercook.com) to try it out.

### Other Nutrition Related Resources for COVID-19

**Free meals for Minnesota families and kids** impacted by COVID-19: Hunger Solutions ([www.hungersolutions.org](http://www.hungersolutions.org)) has created a searchable map for where you can find free meals for families and kids during Minnesota's statewide school closure. The direct link is [here](#).

For more information and resources, visit our Well at Work Blog [here](#) or by visiting [intranetblogs.fairview.org/blogs/wellatwork](http://intranetblogs.fairview.org/blogs/wellatwork). Questions? [Wellness@fairview.org](mailto:Wellness@fairview.org)