WEDNESDAY, APRIL 8TH, 2020 @2PM

EATING HEALTHY AT HOME- STARTS AT THE GROCERY STORE

Today’s Presenters:
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LiVE FOR LiFE at Duke
FOOD FOR THOUGHT

These days, I have been going to the grocery store:

- More often
- Less often
- The same amount
WHAT CAN I DO RIGHT NOW ABOUT CORONAVIRUS?

1. Prevent Infection
   Slow the outbreak by keeping yourself and others from getting sick.

2. Prepare
   Stock up on food responsibly and create a household plan.

3. Stay Home
   Stay at home to protect others, and use these strategies to keep life as normal as possible.

4. Recover From Illness
   What to do if you or a family member gets sick.

Source: New York Times
GROCERY STORE SAFETY

- Use wipes when handling grocery carts if possible. Avoid touching your face.
- Wear a mask because social distancing is difficult at the store.
- Sanitize your hands before and after touching GROCERY ITEMS and after paying.
- If using recycled shopping bags, use canvas bags that you can wash in hot water.
- Bring only necessities into the store. Just bring in your list and payment method.
- Wash hands with warm water and soap when home from shopping.
- Go early to avoid crowds and stay 6ft apart from others.
IS IT CLEAN?

- **DO NOT** wash produce with detergent, soap or bleach!
- **DO** wash produce under water and scrub with clean veggie brush, if needed. Dry with a clean towel/paper towel

- USDA and FDA currently say no evidence that food packaging is contributing to virus spread
- Can wipe off packaged food if you would like
BACK TO THE BASICS

- Shop with a list! Plan meals for a week before going to the store.

- Stock up on staples and non-perishables first - frozen veggies, whole wheat pasta, brown rice, canned/dry beans. Plan to use what you already have first.

- Try to avoid purchasing tempting treats. With more time at home we need to be extra careful.
Esther’s Kitchen

Staples:

Shelf:
- Starches
  - Whole grain pasta
  - Wild rice
  - Quinoa
- Healthy snack items
  - Popcorn kernels
  - Almonds
  - Applesauce
  - Mary’s gone crackers
  - Peanut butter
  - Pickles
  - Olives
- Canned foods
  - Tomato paste
  - Salsa
  - Canned tuna
- Dried spices, salt and pepper

Vinegar
Cooking oils
Honey
Hot sauce
Soy sauce

Fridge and Freezer:
- Eggs
- Parmesan cheese
- Soy milk
- Plain Greek yogurt
- Frozen vegetables

Fresh Produce:
- Vegetables
  - Onions
  - Carrots
  - Celery
- Fruits
  - Apples
  - Oranges
  - Bananas
  - Lemons
THE STORE DOESN’T HAVE WHAT I EXPECTED. NOW WHAT?

- Don’t be afraid to try something new!

**Limited fresh produce?**
- Frozen fruit and vegetables
- Canned fruit in juice (not syrup)
- Canned vegetables (low or no salt added)

**Limited meat selection?**
- Lentils
- Dried beans
- Canned beans (low or no salt added)
- Canned tuna or salmon
- Eggs
FOOD FOR THOUGHT

We are open for questions/sharing

Chat Audio
Join Us for Next Weeks Topic!

→ Online Shopping
→ Curbside pickup
→ CSA boxes
→ Local tips + sharing
We would love to hear from you!

Contact

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