

work from home. nourish at home.

TIPS FROM OUR KITCHEN TO YOURS:

Are you struggling to find work life balance at home? Use these nourishing tips to ease you through your day.

SAVE TIME, TAKE FEWER GROCERY TRIPS.

If possible, aim to go to the store once every 2 weeks. Plan ahead and keep a running grocery list to shorten your time and exposure at the store. Try to avoid going to the store if you only need a few items.



SHOP ONLINE.

Visit your favorite grocer online to see what specials are available. Consider ordering delivery or curbside if the service is available.

PLAN WEEKLY.

Weekly meal planning is especially important now. If meal planning is new to you- start slow- begin with planning just a couple of days. Take inventory of your pantry, refrigerator and freezer before you begin, aim to use what you have on hand.



GET MORE BANG FOR YOUR BUCK.

Purchase nutrient-dense foods. Choose whole grains, beans and legumes, fruits, veggies, lean proteins, and low-fat dairy. Seasonal produce is often on sale!

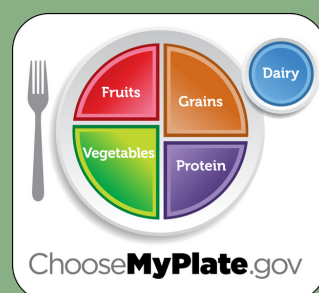


Stock up on frozen or canned fruits, veggies, and grains for the long haul. Rinse canned items to reduce sodium content.

Go nuts! Nuts and seeds are a great way to add healthy fats to your meal and will help you stay satisfied.

EAT WELL, STAY WELL.

Following MyPlate guidelines will help you build a nutritious meal - make 1/2 your plate fruits and vegetables, 1/4 whole grains, and 1/4 lean or plant-based protein.



COOK AT HOME.

Instant pot, slow cooker, or sheet tray meals are an excellent way to minimize your time in the kitchen and save money.

You can even let it cook while you work!

If you have children, involve them in the prep and cooking process. Visit [Choosemyplate.gov](https://www.choosemyplate.gov) to find fun nutrition activity sheets for children!



Additional Resources:

Nutrition Source [library of recipes](#) from the Harvard T.H. Chan School of Public Health

Academy of Nutrition and Dietetics: [Nutrition articles, tips, video and activities](#) for individuals and families managing the challenging conditions of the COVID-19 outbreak.

The Food and Drug Administration (FDA) recommends four steps for safely dealing with food: **Clean, Separate, Cook, and Chill.**

Visit the FDA for more frequently asked questions about COVID-19 including food safety.