



Coronavirus: Savvy Strategies for the Supermarket

Staying healthy is on everyone's mind right now, and while there is no food or supplement that can prevent the transmission of COVID-19, eating well supports our immune system and is a pillar of physical and mental health. If trips to the supermarket are stressful in the current context, there are strategies you can implement to limit your visits and still enjoy a healthy, nutrient rich diet. Stock piling food is neither necessary nor recommended, but grabbing some healthy, budget-friendly staples is a smart way to make sure you always have healthy options on hand.

5 Savvy supermarket strategies to navigate the outbreak:

- 1. Healthy frozen fare:** Skip the frozen dinners and head for the fruits and veggies in the freezer aisle! Did you know that frozen fruits and veggies are as nutritious as fresh? Think beyond the classic corn, peas and carrots. Avocados, squash, edamame, berries, mango and pineapple are all available in the freezer section - best of all, they come washed, peeled and chopped, ready to throw in a recipe.
- 2. Prioritize produce:** Some vegetables and fruit last longer than others. Pick your fresh leafy greens, herbs, tomatoes and berries for use in the short term, and choose fruits and veggies with a longer shelf life for later in the week or month. Carrots, onions, garlic, potatoes, squash, apples and citrus can all last weeks and some even months. Store them uncut and unwashed in the pantry or fridge.
- 3. Rejoice for jars:** Vegetables like olives, marinated artichoke or roasted red peppers are easily found in jars and make excellent additions to soups, stews and salads. Look for options with little or no added sugar.
- 4. Culinary canned goods:** Rather than shop for canned soup or spaghetti loaded with salt and sugar, choose canned ingredients that you can cook with like diced tomatoes, tuna or legumes.
- 5. Safe shopping:** Be cautious and considerate by sending one person in the household to do the grocery shopping for everyone. Some supermarkets also offer delivery - check the policy at your local store.

A healthy diet is important to our physical and mental well-being. Choosing nutrient rich foods is a good way to practice self-care, support your immune system and feel your best in stressful times.

Your [Employee Assistance Program](#) can help. Aspiria's Nutrition Counselling Services provides over-the-phone consultation with a Registered Dietician who can assist you in planning and preparing meals that keep you and your family nourished and feeling comforted during these challenging times.