NUTRITION bites

Brought to you by the UMass Extension Nutrition Education Program

ISSUE 1

Nutrition Bites is a weekly newsletter that highlights helpful information on staying safe, an easy and healthy recipe to try with your family, physical activity ideas, and food resources in your area. We know you are taking extra steps to keep you and your family safe during this pandemic. Our goal is to work together and to provide information to help our community maintain the safety of us all.

STAYING SAFE

Practicing food safety and good personal hygiene at home is always important. But hand washing is especially critical in reducing the spread of COVID-19 and should be done often.

It is important to wash your hands with soap and water for at least 20 seconds.

- Before preparing or eating food.
- Before and after being in a public place.
- Before touching your face or hair. It is difficult but avoid touching your eyes, nose, and mouth.
- After coughing, sneezing, or blowing your nose.
- After using the bathroom.

If soap and water are not available, use a hand sanitizer containing at least 60 percent alcohol. Cover all surfaces of your hands with the sanitizer and rub them together until they feel dry.

RECIPES AND NUTRITION TIPS

Wondering what to do with ground turkey or ground beef?

- Try this Turkey Chili with Pasta recipe for a main dish option packed with protein and vitamin C. Keeping fresh fruits and vegetables on hand can be challenging when trying to limit trips to the grocery store. Stock up on frozen and canned varieties that are healthy and flavorful. An added bonus is that they are often more affordable than fresh foods.
- Watch this video on how to make Stuffed Bell Peppers and involve your children in the meal prep. Cooking together is a great activity for the whole family. Cooking involves reading and math skills. Kids who cook learn life skills, gain self-esteem, tend to eat what they make, and enjoy quality family time.

UMass Extension Nutrition Education Program

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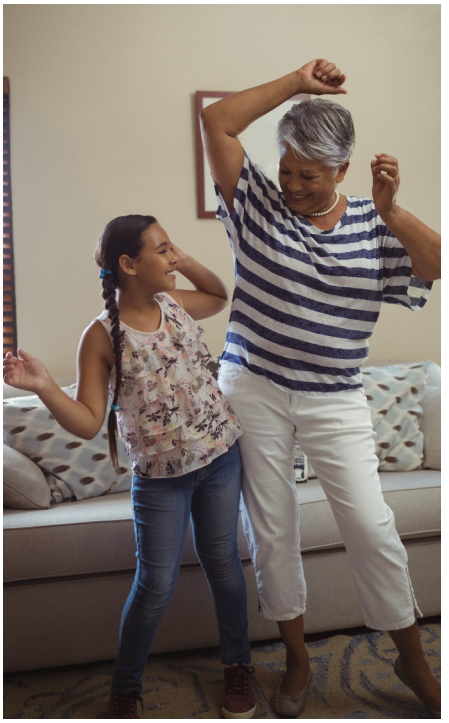
PHYSICAL ACTIVITY TIPS



Feeling blue? Stuck at home? Wondering what you can do?

Try increasing your physical activity at home!

Why do you need physical activity?

- Gives you a break from your routine
- Helps manage stress and anxiety
- Assists with weight management
- Helps make your mood calm and happy
- Gives you more energy, flexibility and strength
- Helps manage blood pressure and blood sugar

How can you be active when you are homebound?

- Libraries provide a wealth of digital content to including exercise and fun videos
- Try a new free online exercise class (examples: YouTube, YMCA 360)
- Get your family and furry friends involved
- Play hide-and-seek, keep-away, Jump rope, or double Dutch
- Play ball—such as soccer, softball, or volleyball—with members of your household

Watch for the next *Nutrition Bites* newsletter for more physical activity tips!

FOOD ACCESS RESOURCES IN MASSACHUSETTS

Are you unsure where to get food assistance during the COVID-19 pandemic?

Apply for or check the status of your benefits: from the Massachusetts Department of Transitional Assistance (DTA)—including SNAP benefits—at: https://www.mass.gov/info-details/dta-covid-19-resources-and-support

Locations for local school lunch program feeding sites:
http://www.projectbread.org/news-and-events/news/covid-19-hunger-food.html

Locations for local food pantries:
https://www.mass.gov/how-to/find-a-local-food-bank

For resources in your community call...
Project Bread Food Source Hotline: 1-800-645-8333
TTY 1-8000-377-1292

Hotline Hours:
Monday - Friday 8 AM–7 PM, Saturday 10 AM–2 PM