



# Grocery Shopping During the COVID-19 Pandemic

1. Don't panic.
2. Take stock of what you already have. Figure what you already have and throw away anything that has expired.
3. Make a grocery list. This will help you avoid making multiple trips to the grocery store which will greatly reduce your exposure to the virus.
4. Keep your distance. When shopping, try to keep a distance of 2 meters from other shoppers and remember to sanitize your hands as much as possible if you are touching something that others may be possibly be touching.
5. Buy only what you need. Plan to buy enough food to last you and your household 2 weeks. During times like these, we all need to be conscientious of what we need. Ensuring that everyone in the community has access to adequate food supplies, hand sanitizer, cleaning supplies and medicine is important for us all.
6. Storing food. Assume that everything you bring into your home may be contaminated. Wash what you can with soap and water, such as canned goods and cleaning supplies and rinse off your produce very well. Keep grocery bags on the floor, and if using reusable bags, be sure to clean your bags frequently.

## Tips on WHAT to purchase

### Produce:

- Choose produce that can last longer in the refrigerator and can be frozen easily. Refer to the attached chart at the end of this document for some examples.
- Canned or frozen fruit and vegetables are an excellent choice as well.
  - o When choosing a product, aim for fruit that is packed in water (rather than syrup) and canned vegetables with the least amount of additives to it.

### Meats:

- Freezing meat
  - o Pre-portion the meat into separate packs, that way you only have to defrost what you need
- Dried meat
- Canned meats
  - o Canned fish is a great source of protein and can be used in:

- Salads
- Sandwiches
- Dips
- On crackers
- Made into patties or loaves
- Avoid
  - Prepackaged meats in the frozen aisle (breaded, high in sodium)

### **Dairy:**

- Freezing milk. It is doable and totally safe.
- Soy milk lasts longer in the fridge than dairy – and is just as nutritious as dairy
- Avoid other plant-milks such as almond milk or oat milk
  - They are not as nutritious as soy or cow's milk

### **Others:**

- Dried pastas
- Canned beans and lentils
- Canned tomato sauces
- Nuts and seeds in the bulk aisle
- Whole grains
  - Oatmeal
  - Brown rice
  - Quinoa
  - Barley
  - Buckwheat

Don't forget that we are in this together. Closures of clinics and event cancellations may drastically impact some peoples' food security. If you know of someone in your community, such as an elder, who used to rely on meals at these gatherings or events, offer to help them out or let someone else know who may be able to help. This is a stressful time for all and as such we need to pull together and ensure that food is not an extra added factor of stress.

Continue to practice good personal hygiene and social distancing as much as possible.

If you have any further questions or concerns please contact TNG's dietitian, Hannah Zmudzinski at [hannah@tsilhqotin.ca](mailto:hannah@tsilhqotin.ca) or 250-398-8575.

# LONG LASTING FRESH PRODUCE



## ACORN SQUASH

cool dark place  
2-4 weeks



## APPLES

pantry: up to 2 weeks  
fridge: up to 2 months



## BEETS

pantry: 3-5 days  
fridge: up to 2 weeks



## BUTTERNUT

cool, dark place  
up to 6 months



## CABBAGE

pantry: 1-2 days  
fridge: 4-5 weeks



## CARROTS

pantry: 2-4 days  
fridge: 3-4 weeks



## CAULIFLOWER

pantry: 1-2 weeks  
fridge: 1-2 weeks



## CITRUS

pantry: 1-2 weeks  
fridge: 3-4 weeks



## GARLIC

cool dark place  
6 months



## ONIONS

summer: 1-2 months  
winter: up to 6 months



## PARSNIPS

pantry: 4-5 days  
fridge: 3-4 weeks



## POMEGRANATES

pantry: 1-2 weeks  
fridge: 1-2 months



## POTATOES

cool, dark place  
2-3 months



## SPAGHETTI SQUASH

cool dark place  
1-2 months



## SWEET POTATOES

cool dark place  
2-3 months



## TURNIPS

fridge: 2-3 weeks

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