

# Eating Well in the time of “Shelter in Place”

This is not a comprehensive list of resources but a place to get started in taking care of yourself with food at home.

1. **Drink water** to [stay hydrated](#). Eat high water content foods (vegetables/fruits), soups, smoothies. Prevent dehydration and fatigue. Avoid too much caffeine and alcohol since they compromise our hydration, sleep, and cognitive abilities.
2. Consume a [diet high in nutrients](#), especially the following:
  - a. [Healthy fats](#)
  - b. [Energy-rich carbohydrates](#)
  - c. [High quality proteins](#)
  - d. [Vegetables](#)
  - e. [Complex B Vitamins](#)
  - f. [Vitamin D](#), [Vitamin C](#), Iron, [Zinc](#), Selenium
  - g. Include some comfort foods in times of stress too
3. Assess your current **kitchen and cooking** situation
  - a. Eat fresh foods first. What do you already have in your refrigerator and cupboards to use up? Think of “first in, first out.”
    - i. Perishable items include produce, cheese, dairy, deli meats, fresh meat, leftovers
    - ii. Use this tool to assess items that are [too old and needs to be tossed](#). Still not sure about a certain food product? Check out this [Food Keeper info and app](#).
  - b. Fill your kitchen, refrigerator and freezer healthfully
    - i. Balance of [food groups](#)
      1. Check this fruit and vegetable [storage chart](#). Root vegetables (potatoes, sweet potato, onion), broccoli/cauliflower, cabbage, hearty greens like kale, and citrus don’t spoil as fast and have the best longevity in the refrigerator.
      2. Take advantage of your local **Farmer’s Market** ([Open Markets](#) include Mountain View, Sunnyvale, Los Gatos, Belmont) and food box/meal deliveries service such as [Spade and Plow](#). and [Farm Fresh to You](#).
      3. Canned beans, canned fish, canned meats
      4. Soups, chili, and broth
      5. Whole grains like quinoa, brown rice, whole wheat/bulgur/farro, buckwheat, whole grain/legume pastas

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6. Legumes and beans (dry or canned)
  7. Frozen fruit and vegetables
  8. Nuts and seeds, nut and seed butters
  9. Dried jerky - beef, turkey, salmon
  10. Milk (dry milk too), yogurt, cheese, ice cream, pudding
  11. Snacks like popcorn, granola bars, trail mix, dried fruit, pudding cups
  12. Favorite sauces, canned tomatoes, tomato sauce, coconut milk
  13. Water and liquids with electrolytes in case you do get sick and cannot go out. If water is limited, liquid from canned goods can also be consumed including canned fish, canned fruit and canned beans.
- c. Easy Snacking & [Recipes](#) for health
- i. Peanut butter & banana toast or roll ups (whole grain bread/tortillas)
  - ii. [Smoothies & Smoothie Bowls](#)
  - iii. [Overnight oats](#)
  - iv. [Grain bowls](#)
  - v. [Energy bites](#)
  - vi. Veggies & Hummus or Guacamole
  - vii. Fruit & Nut Butters
  - viii. Yogurt/Cottage Cheese & Fruit
  - ix. Nuts & Dried Fruits
4. [Food Safety](#) in an national emergency
- a. [Handle food safely](#) including shopping, storage, preparing, thawing, cooking, chilling leftovers. Extra care should be given to [those at risk](#) including the elderly, the very young and those with a compromised immune system.
  - b. [Read labels](#) for expiration dates. Sell-by-dates are meant to ensure freshness, not safety. It's ok to eat an old box of cereal that is past a sell-by-date (it just may not taste as fresh). [Food product labeling](#) varies by food product. Not all dates are expiration dates.
  - c. Check for spoilage - *when in doubt, throw it out*.
  - d. Canned goods - if they are dented or damaged, toss them out. If they make a hissing sounds when you open them, throw it out.
  - e. More online [www.foodsafety.gov](http://www.foodsafety.gov), [www.befoodsafe.org](http://www.befoodsafe.org), [www.fightbac.org](http://www.fightbac.org)

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## 5. **Cook** safely: *Anyone can Cook!*

If you are new to cooking and since restaurants only allow take out now (if open at all), consider these tips to get you started preparing healthful food.

- a. Simple helpful tools with a limited-cook kitchen: can opener, Knife, bowls, a pot and pan (or more), kettle for heating water (electric or stove top), [microwave](#) and/or hot plate, cutting board, food storage containers, blender/food processor
- b. [No Cook recipes](#) can be found online. [Eatfresh.org](#) has simple recipes in English and Spanish, including crock pot, kid friendly recipes. [Videos](#) can also be helpful guides. If you are thinking about using an Instant Pot for the first time, try these [tips](#).
- c. Beginning cooking lessons are plentiful online via [youtube](#), [pinterest](#), [eatingwell](#), etc.
- d. Cook in [large batches](#) - cook once, eat twice (or more) - saves time, money, and resources. Refrigerate leftovers and eat leftovers within 4 days, or freeze.
- e. Meal prep- write out the meals you want for the week and then write out a grocery list from that. There are free [apps](#) that will help you do this.
- f. Remember food safety guidelines while cooking: [Clean, Separate, Cook, Chill](#)

## 6. **Emergency Food Resources:** If you are out of money and food, these community resources may be able to help.

- a. Santa Clara University [Bronco Pantry](#). Sign up [here](#).
- b. United Way 211 Santa Clara County [emergency food resources](#)
- c. [Samaritan House](#) (San Mateo County):
- d. Call [Primrose](#) (Burlingame)
- e. [Second Harvest Food Bank](#) (do a search with your zip code for resources near you)
- f. San Francisco & Marin County [free food resources](#)
- g. [Alameda County](#) Community Food Bank
- h. Food Banks of [Contra Costa and Solano County](#)

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