Stay Home, Eat Well, Keep Moving

There are many ways you can help your family eat well and stay active while at home. Access emergency food and school meals. Make the most of food resources, stay food safe, prepare quick and healthy meals. Take time each day for physical activity. We are here to help your family stay healthy and safe during this time.

Meal Planning Tips:
- Check the pantry, freezer, and refrigerator to see what you already have
- Make a list of the items you need
- Eat a variety of fruits and vegetables: fresh, frozen, and canned
- Use fresh food first, then use frozen and canned foods next
- Use what you have - spinach instead of kale, canned tuna instead of chicken, applesauce or canned pumpkin instead of fresh fruit

Grocery Shop Less Often: Use foods you have on hand in your refrigerator, freezer, and pantry.

The fresh fruits and vegetables listed below last longer. Choose canned and frozen produce too.

**Vegetables:**
Beets, carrots, peas, tomatoes, sweet or white potatoes, kale, spinach, collard greens, cabbage, parsnips, rutabagas, turnips, Brussels sprouts, winter squash, onions, garlic

**Fruits:**
Apples, oranges, lemon, grapefruit, pears

**Choose canned and frozen fruit without added sugar.** Rinse canned fruit to remove sugary syrup.

**Protein:**
Add fresh or canned protein to make a meal.
Canned chicken, canned tuna, canned salmon, beef, pork, fish, dried or canned beans, dried or canned lentils, tofu, peanut butter or other nut or seed butter, eggs.

Follow These Tips to be Healthy and Food Safe at Home:
Always practice good hygiene when preparing, serving, and eating food to stay food safe.

1. **Wash your hands with soap and water for 20 seconds before and after you handle food or food packages.**
2. **Wash fresh produce under running water for 20 seconds.**
3. **After food is unpacked and put away, sanitize the countertop with soap and water and let it dry.**

Make Physical Activity Part of Every Day:
Take breaks throughout the day to move more. Climb the stairs, take a walk, play an active family game, stretch, lift and carry groceries and laundry, vacuum and mop floors. Just keep moving!

Scan the QR code with your cell phone camera, or visit go.umd.edu/covidresources for more information!

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