

# *Eating Safely During the Covid-19 Pandemic*

BROUGHT TO YOU BY THE REGISTERED DIETITIAN  
AT GEORGINA NURSE PRACTITIONER LED CLINIC

**The COVID-19 pandemic is a challenging time for everyone. While trying to keep up with the overwhelming amount of information that comes out daily, we are also trying to manage every aspect of our life that has been affected. A simple task like grocery shopping now requires more thought and consideration than ever before. Eating habits are likely affected by reduced access to restaurants, income, as well as our own emotions while coping with this situation. Here are some tips to help you stay nourished and safe during this challenging time.**

## **Food Handling at Home**

The Canadian Food Inspection Agency reports that "there is currently no evidence that food is a likely source or route of transmission of COVID-19." However, it is important to practice good hygiene when handling food.

- Wash hands often, especially before preparing foods and before eating.
- Wash all vegetables and fruits thoroughly with cold running water. Do not use soap to wash produce as this can cause vomiting and diarrhea.
- Cook meat thoroughly and avoid cross contamination of cooked and uncooked foods.

## **Grocery Shopping**

- Make a shopping list to reduce time spent in the store and the need for further impromptu store visits.
- High risk individuals (over 70 years old, have underlying medical conditions, or have compromised immune systems) should remain at home and get assistance with essential errands when possible.
- Choose stores that are practicing social distancing (i.e. setting designated shopping hours for those at higher risk, spreading out shoppers when lining up to pay).
- Bring sanitizing wipes to disinfect the cart handle when entering the store.
- Bring sanitizing wipes or gel to disinfect your hands when leaving the store.
- Wash your hands with soap and water when you get home and after you put the groceries away.

## **Coping at Home**

There may be some difficult emotions that you are facing while coping with a pandemic. Remember that your feelings are valid and normal. Eating is different for everybody and sometimes we may eat in the face of difficult emotions. Try to focus on things you can control, like being mindful of what you are reading online, calling a friend or family, eating for the purpose to feel good, or call in to book a check in with your dietitian!



## *Black Bean and Sweet Potato Chili*

6 SERVINGS

### **Nutrition Information (per serving):**

354 Calories, Fat 6g (8% DV), Saturated Fat 1g (5% DV), Protein 17g, Carbohydrate 60g, Fibre 14g (51% DV), Sodium 256mg (11% DV)

### **Ingredients:**

2 Garlic cloves, minced  
1 Small onion, diced  
2 tbsp Olive oil  
2 Small sweet potatoes, peeled and chopped  
2 Medium carrots, sliced  
1 can (15oz) Black beans, no salt added  
1 can (15oz) Diced tomatoes, no salt added  
1/2 cup Water or no salt added broth  
1 tbsp Chili powder  
1 tsp Cumin  
1/2 tsp Cayenne pepper (or to taste)  
1/2 tsp Garlic powder  
1/2 tsp Salt  
1/4 tsp Ground black pepper

Recipe Source [www.thespruceeats.com](http://www.thespruceeats.com)  
written by Jolinda Hackett

### **Directions:**

1. In a pot, saute the onions and garlic in olive oil for a minute or two.
2. Add the sweet potatoes and carrots, and continue to cook until the onions are soft, about 5-6 minutes.
3. Reduce the heat to medium low and add in all the remaining ingredients, stirring to combine well.
4. Allow your chili to simmer, partially covered and stirring occasionally over medium-low heat, for about 20-25 minutes, until the flavours are mingled and the sweet potatoes and carrots are soft.
5. Feel free to add toppings of your choice before serving, including chopped cilantro, green onions or avocado.