

Eating Well during these strange times.... Bernita LaCroix, dietitian

Whether you are staying at home most of your day or working hard in the community, chances are your daily life has changed. For many people, changes in routine mean eating habits in chaos. For a short time this is normal, but over the next weeks we will need to make some new routines in order to stay healthy.

- ◆ Try to eat about 3 meals at regular times each day. Mostly balanced.
- ◆ Try to get some exercise each day if you are able. Going outside is healthy as long as you are keeping your distance from others.
- ◆ For those who need to, continue to check blood sugars and blood pressures at home.



Getting healthy foods for your family can seem difficult right now:

- ◆ There is no shortage of food and toilet paper, just shortages on the grocery shelves from panic buying and stocking up.
- ◆ Stock up on basic groceries your household likes. Choose mostly foods that last if you are stocking up for more than a few days. Remember, frozen and canned vegetables and fruits can be just as healthy as fresh. Look for low salt vegetables, or rinse off liquid to reduce salt. Look for fruits in juice or light syrup and avoid heavy syrup. Frozen fish and meat, eggs, oatmeal, and nuts are other good staples that last.
- ◆ Safeway and Albertsons stores are open Tuesdays and Thursdays from 7-9 AM for Elders, pregnant women and immune compromised people to shop.
- ◆ Many grocers are offering curbside pickup or delivery for groceries so that you do not need to go in to the store.
- ◆ If you are able, try to support tribal and community owned restaurants and other businesses by taking advantage of curbside pick-up, takeout, and delivery.