



As we've entered the fourth week of social distancing and non-essential business closure, restrictions have increased, making it more difficult to access basic necessities like food. With that in mind, the UF/GatorCare Wellness team developed the following tips to consider to make your shopping as efficient as possible:

- **Minimize trips to the grocery store.** *This is the perfect time to learn some meal prep skills, like planning out meals in advance. Go in with a list, and think through alternatives in advance in case your original ingredient is sold out. Here is a tip sheet that may be helpful: <https://ufh-gatorcare-a2.sites.medinfo.ufl.edu/wordpress/files/2020/04/Handout.pdf>*
- **Think nutrition.** *The healthiest meals emphasize whole grains, vegetables, and fruits—serve them in the greatest amounts. Meat portions should be smaller—this will save money and help keep dietary saturated fat in check.*
- **Stock up on nutrition-packed foods that will stay fresh for a week or longer.**
 - *Breads—corn tortillas, whole grain English muffins, bagels, breads, wraps, frozen whole wheat waffles*
 - *Grains—instant oatmeal, quick cooking pasta, frozen brown rice, couscous, refrigerated pizza crust*
 - *Fruits—sturdy fresh fruit (apples, citrus), dried, plain frozen, canned in juice or water*
 - *Vegetables—sturdy fresh veggies (celery, broccoli, onions, potatoes), plain frozen, low sodium canned, sun-dried*
 - *Sauces—tomato pasta sauce, salsa*
 - *Soups & Broths—canned, frozen, shelf-stable cartons*
 - *100% Juice—refrigerated, frozen, canned, boxed*
 - *Milk—fresh, canned, shelf-stable packages*
 - *Eggs—fresh eggs, egg whites in cartons*
 - *Cheese—sliced, cubed, shredded, crumbled, grated hard cheese*
 - *Beans/Legumes—canned beans (black beans, chickpeas), dry beans*
 - *Nuts and seeds—bagged, canned, nut butters*
 - *Chicken—frozen or canned*
 - *Seafood—frozen ready-to-cook fish fillets, frozen shrimp, canned tuna, salmon, and sardines*
 - *Beef—pre-made frozen lean ground patties or meatballs*

- Flavorings—add zing with dried herbs & spices, vinegars, mustard, hot/steak sauces, lemon/lime juice, light dressings, honey, Greek yogurt
- **Think about friends and neighbors, especially older adults or those with health conditions.** Could you save them a trip to the grocery store?
- **Try online shopping.** Be sure to plan ahead, as many stores are scheduling delivery or pickup several days in advance.
- **Shop local.** Many of our [local farms](#) are participating in a “drive-thru farmer’s market.” CSA boxes are available for purchase online and can be picked up Wednesdays or Saturdays. Here is the actual box contents of last week’s Siembra Farm pickup:



As you venture out to do your grocery shopping, please remember:

- The **CDC recommends that all individuals wear a face covering in public**, including while shopping for groceries and other necessities. A cloth mask or bandana is sufficient—please save PPE (such as surgical masks and N95 masks) for frontline healthcare workers
- The grocery store employees are working extra hours and putting their own health at risk to keep the supply chain going. **Don’t forget to say THANK YOU!**
- We are all in this together! **Avoid hoarding products** such as toilet paper, cleaning supplies, diapers, etc.

If you are a frontline healthcare worker who is having difficulty grocery shopping due to your work schedule, the Gator Sitters group may be able to help. Contact them here to request assistance: <https://sites.google.com/view/gatorsitters>

If you know a group or business that would like to donate food to help feed our nurses, doctors and team members during the current COVID-19 pandemic, UF Health is accepting food donations prepared in commercial kitchens (e.g., restaurants, catering services, food trucks). Those interested in donating should contact Heather Mears at offdev@shands.ufl.edu to make arrangements.

Finally, if you are looking for **more information about how to get food**, please click on the links below or visit the UFCOM Wellness COVID-19 Resource page at:

<https://wellness.med.ufl.edu/2020/04/01/resources-to-promote-well-being-during-covid-19-outbreak/#food>

Getting Food

Free Meals for Alachua County Children/Teens (0-18)

Grocery Delivery Services

- [Instacart](#)
- [Shipt](#)
- [Fresh produce delivery](#)
- [Wild Alaskan Seafood](#)

Grocery Curbside Pick-up (Online Ordering) Services

- [Publix](#)
- [Target](#)
- [Walmart](#)
- [Alachua County Farms and Farmers Markets](#)
- [Drive-Thru Farmers Markets](#)

Meal Delivery Services

- [Blue Apron](#)
- [Chef Ami \(local business\)](#)
- [Eat The 80 \(local business\)](#)
- [Green Chef](#)
- [HelloFresh](#)
- [Home Chef](#) [discount code DINNER30]
- [Splendid Spoon](#)
- [Sun Basket](#)

Restaurant Delivery Services

- [352 Delivery](#)
- [Bite Squad](#)
- [Door Dash](#) (delivery fee currently waived)
- [Grubhub](#)
- [Uber Eats](#) (delivery fee currently waived)
- [Alachua Country Restaurants Offering Take-Out/Delivery](#)



Yesterday we reviewed ways to get food into your home. Today we'll cover some options on what to do with the food you have! Once again, the UF/GatorCare Wellness team has some helpful tips to share, including:

- Follow these **basic meal prep strategies**: <https://ufh-gatorcare-a2.sites.medinfo.ufl.edu/wordpress/files/2020/04/Handout.pdf>
- **Use technology** for tips and tricks to create meals that will work in your home.
 - The [Supercook app](#) gives you recipes based on the ingredients you have on hand
 - [Tasty](#) is great for recipe inspiration
 - [Mealime](#) is a great app for meal planning, especially if folks in your house have dietary restrictions
- **Involve kids**. Include children in meal planning, preparation, and clean up while teaching them writing, math, reading, and science.
 - **Reading/Writing**: Ask your kids to make a list of what's in the pantry and refrigerator. Then, have them look through cookbooks or online recipes sites to find meals and snacks that use up what is on hand. Have them share their breakfast, lunch, or dinner meal ideas.
 - **Math**: Find math in measuring spoons and cups, counting out numbers of ingredients, taking stock of pantry items, or planning the time it will take to prepare, cook, eat, and clean up a meal.
 - **Science**: Get kids involved in baking bread, cooking an egg, or creating a homemade salad dressing—then, search the internet to discover the science behind why ingredients change when they are combined, heated, or blended

If time permits, you might also benefit from watching the **UF Wellness Food Prep Seminars** via Zoom (April Mondays at 2pm).

- Register here for the link and the handouts:
https://ufl.zoom.us/webinar/register/WN_dsglscJQQ8SBYJBvlgIrA
- Here is the handout, along with some recipes, from the recent seminar on using a slowcooker:
 - Slowcooker webinar handout:
http://seminole.solodev.net/core/fileparse.php/3355/urlt/SlideHandout_SpringtimeSlowCookerWebinar.pdf
 - Slowcooker recipes:
<http://seminole.solodev.net/core/fileparse.php/3355/urlt/SlowCookerWebinarRecipes.pdf>

For those interested in **learning more about a plant-based diet**, you might check out these resources from UF cardiologist, Dr. Monica Aggarwal:

- “Living With Heart Disease: Guidelines for Healthier Life” booklet (including some great plant-based recipes): https://ufhealth.org/sites/default/files/media/Heart-subsite/145949_3.25.20-Cardiology_Living_with_Heart_Disease_Integrative_Cardio_Booklet_Online_F.pdf
- Nutrition resource page: <https://ufhealth.org/integrative-and-preventative-cardiology/patients>

And finally, if you want to play your own **home version of Chopped**, check out these “16 Dinners that Start With a Can of Soup”: <https://www.allrecipes.com/gallery/dinners-that-start-with-a-can-of-soup/> 😊

Stay well!

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