Quarantine Meal Planning Tips and Tricks
Objectives

• Discuss various meal prepping and planning tips
• Brainstorm easy to prepare foods
• Discuss online resources for healthy eating, food safety and meal planning during COVID-19
Getting into the routine of meal prepping requires planning.

- Start thinking of what you like to eat on a regular basis.
- Plan out your meals for the week ahead.
- Create a shopping list.
- Set time aside to go shopping and meal prep.
• Stock up on containers
• You will use these to proportion meals, snacks, and use them to store chopped veggies and protein
• Keep the dressings on the side. Sometimes fresh greens do better when added right before eating. No one likes soggy meals.
Change it Up!

• Don’t let the same ingredients get you down. Experiment with different sauces for meals.
• Difference sauces=diversity to meals.
• Making dressings at home can cost less and can be healthier.
  • https://wholefully.com/healthy-salad-dressing-recipes/
Easy Meal Prep Foods: Breakfast

• **Overnight oats** - soak oats and chia seeds in almond milk over night, add fruit in the AM

• **Omelets** - quick and easy when the veggies are already pre-chopped

• **Oatmeal** - pour boiling water into a bowl with quick oats and add toppings

• **Smoothies** - Pre-portion fruit so it takes less time to make

• **Granola** - batch prep home-made granola or by a box from the store

• Other ideas??
Easy Meal Prep Foods: Lunch

• Salads
• Mediterranean bowls (greens, grain, protein, veggies)
  • Change up the same meal with different dressings
• Left-overs from dinner
• Sandwiches
• Prepare side snacks to add to lunches such as yogurt, fruit, granola bars, etc.
• Other Ideas??
Easy Meal Prep Foods: Dinner

- Meal prep two entrees and freeze one for later
- Freeze big batches of soup, chilies, and stews to be used at later dates
- Spiral zucchini ahead of time to make a nutritious pasta or pesto.
- Make burritos and burgers ahead of time and freeze them for quick lunches/dinners or snacks
- Use a crock pot. Cut all your veggies and proteins over the weekend, simply add them into a crock pot to make stews, curries, and chilli.
- Other Ideas??
Easy Meal Prep:
Snacks

• Hummus with veggies or crackers
• Home-made trail mix
• Fruits
• Popcorn
• Pre-made frozen burritos (Amy’s burritos have GF and vegan options)
• Granola bars (Larabars, Kind Bars, Cliff bars, Rx Bars)
• Energy Balls (Larabars, bulk energy balls in bulk section of grocery store, or make your own with dates)
• Snack bread such as zucchini bread
How to Meal Prep

- Set aside at least 4 hours for your first-time meal prepping
- Cook your grains for lunches (quinoa, rice, farrow etc.)
- Cut up veggies, fruits, protein (cook meats ahead of time if needed)
- Make batched meals (lasagna, breads, muffins, granola)
- Prepare sauces ahead of time (pesto, tahini, soy sauce, teriyaki, salad dressings)
Planning Your Meals and Shopping List

- Use the handout to choose meals you want to prep by placing a check mark next to them
- Highlight the ingredients you will need
- Add other meal ideas and ingredients to the list.

Breakfast:

- Oatmeal (quick oats, cinnamon, peanut butter, fresh fruit)
- Overnight oats (quick oats, chia seeds, frozen/fresh fruit)
- Granola (store bought or home-made: rolled oats, nuts, seeds, dried fruit, etc.)
- Yogurt (low-fat/Greek yogurt, fresh fruit)
- Smoothie (Fresh/frozen fruit, yogurt, plant-based milk, peanut butter, leafy greens)
- Omelet (Onion, Peppers, mushrooms, tomato, eggs, cheese)
- Breakfast burritos (whole-grain tortillas, quinoa, zucchini, tomato, peppers, onion, beans, protein)
- Other:
Creating Your Shopping List

• Highlight the items you need and place the amount needed above it
• Use the line to check off the list once added into your cart

Grains:
____ Quinoa, Brown rice, wild rice, black rice, Farrow
     1 Large
____ Quick rolled oats

Fruit:
____ Frozen Fruits (berries, mixed fruits, pineapple, mango, etc.)
     3
____ Fresh Fruits (bananas, grapes, watermelon, berries, plums, pineapple, mango, oranges, apples, pears etc.)
     1 bag
____ Dried Fruit (pineapple, raisins, mango, banana, etc).
     3

Vegetables:
____ Cruciferous (Arugula, Bok choi, Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Collard greens, Horseradish, Chinese broccoli, Chinese cabbage)
Resources for Meal Planning during COVID-19
Meal Planning, Infographics, Tip Sheets & Food Resource Guides during COVID-19

https://www.eatright.org/coronavirus
SAFE FOOD SHOPPING GUIDE

Home food safety starts at the store. Grocery shopping must be done safely to reduce the risk of food poisoning. By following these recommendations, you can help make sure the food you bring home is safe.

STOREWIDE TIPS

- Bring hand sanitizer and use it before sampling foods at the store
- If the "sell by" date has passed, don't buy the product
- Make sure food packages are free from holes, tears or openings

PRODUCE

- When buying pre-cut, fresh produce, make sure it's refrigerated or set in ice
- Pick produce that is free of major bruises and damages
- Keep fruits and vegetables separate from raw meat, poultry and seafood products in your cart
- Beware of bulk discounts, since fresh produce has a limited shelf life

CANNED GOODS

FROM PURCHASE TO PLATE

1. Don't purchase produce with mold or bruises or cuts
2. Wash all produce before eating
3. Separate ready-to-eat foods like fruits and vegetables from raw meat, poultry, seafood and eggs
4. Set fridge to 40°F or lower

Academy of Nutrition and Dietetics

For more tips to keep food safe from the store to your fork, visit www.HomeFoodSafety.org.
WAYS TO PRESERVE FOOD
MAKE IT LAST LONGER &

FREEZE

Wrapper freezer items in heavy freezer paper, plastic wrap, or freezer bags or foil.

Blanch vegetables before freezing.

Date all freezer packages and use the oldest food first.

USE A REFRIGERATOR THERMOMETER TO ENSURE THE FROZEN FOODS ARE KEPT COLD.

PROPER PRODUCE STORAGE

Fruits and vegetables are often stored improperly. This improper storage causes them to go bad quickly and ultimately get thrown away.

Americans toss about 19% of vegetables and 14% of fruits they buy.

Ensure you are storing your food correctly and safely to reduce food waste.

19%

14%
Age Appropriate and Kid Friendly Kitchen Tasks

Kidseatright.org
Other infographic topics include:
- Home canning
- Understanding food dates
- Refrigerator tips
- Food storage savvy guide
- Where and how to store produce

Articles include:
- Tips for ordering takeout and delivery
- Should you wash all your food?
- Getting groceries

https://www.eatright.org/coronavirus
Healthy eating tips and news for kids of every age.

www.eatright.org/for-kids

During the near-isolation forced on many American families, will we rediscover our kitchens, involve children more in food preparation, sit down together for meals AND eat the same foods?
The Silver Lining

Benefits of Family Meals

- Family meals allow parents to be role models who create a supportive environment that promotes healthy eating.

- Children of families who regularly eat together also are more likely to have higher intakes of fruits and vegetables and have a healthy weight.

- Bonding time with parents and caregivers.

Get the Kids Cooking

- 3 to 5 years old: mix simple ingredients, snap green beans, tear lettuce for a salad, press cookie cutters.

- 6 to 7 years old: peel raw fruits and vegetables, shuck corn, use a vegetable peeler, crack eggs, measure ingredients.

- 8 to 9 years old: use a can opener, juice citrus fruits, check the temperature of foods with a thermometer, beat eggs, pound chicken on a cutting board.

- Children ages 10 and older: slice or chop vegetables, boil potatoes, microwave foods, bake foods in the oven, simmer ingredients on the stove.

https://www.eatright.org/health/wellness/preventing-illness/make-the-most-of-your-time-at-home
Rainbow Yogurt Trifle Cups Recipe

https://www.eatright.org/food/planning-and-prep/recipes/rainbow-yogurt-trifle-cups-recipe

Ingredients

**Graham Cracker Crust**
9 whole graham cracker sheets (yields about 1½ cups graham cracker crumbs)
¼ teaspoon vanilla extract
1 tablespoon coconut oil, melted
1 tablespoon honey

**Orange Yogurt**
½ cup orange pieces, segmented and membranes roughly peeled
½ cup plain reduced-fat Greek yogurt

**Blackberry Yogurt**
¾ cup blackberries
¾ cup plain reduced-fat Greek yogurt
½ teaspoon lemon juice
½ teaspoon honey

**Strawberry Yogurt**
½ cup strawberries, halved
¾ cup plain reduced-fat Greek yogurt

**Chopped Fruit**
1 whole kiwi, peeled and diced
1¼ cup small strawberries, diced
1 cup oranges, peeled and cut into ¼-inch pieces
¾ cup blackberries
Eat Right Foundation
Kids Eat Right

https://eatrightfoundation.org/why-it-matters/public-education/kids-eat-right/

What will you find?
• Resources
• Toolkits
• Webinars
• Tip Sheets

Tip Sheets

- Kids Eat Right Tip Sheets

• 3 Tips for a Healthy Family [English] [Spanish]
• 4 Tips to Keep Food Safe [English] [Spanish]
• Creative Ways to Use Healthy Foods from the Food Bank [English] [Spanish]
• Make the Most of Your Food Budget [English] [Spanish]
• MyPlate One-Pot Meal [English] [Spanish]
• Simple Tips for Stretching Meals [English] [Spanish]
• How to Talk to Your Child About Weight
• Sleep and Your Child
• Feeding “Picky Eater” Preschoolers
• Simple Facts about School Meals
• Hunger and Obesity: How is it Possible?
• Eat Right, Move More
• Healthy Tips for Meatless Meals
• Public Speaking Tips
• Eat Right Nutrition Tips and Handouts
Plan now. Enjoy great food and fun with family later!

In Step #1: Eating healthy and sticking to your budget is possible! It starts with a plan. Set your family up for success by planning meals and snacks in a way that works for your family, your budget and your schedule. The tools above allow you to look at what you’re spending now and how you can make small changes that add up to big savings.

Iowa State University Extension and Outreach
https://spendsmart.extension.iastate.edu/plan/
Recipes

DESSERTS
APPETIZERS
SALADS
FREEZES WELL
MAIN DISHES
SIDE DISHES
SNACKS
SOUPS
ONE POT & SLOW COOKER

Iowa State University Extension and Outreach
https://spendsmart.extension.iastate.edu/recipes/
Creating Your Shopping List during COVID-19

- Review recipes and make a grocery list of what ingredients are needed, then check to see what foods you already have on hand and make a list for what you still need to buy.
- Decide on meals and snacks before you shop. Creating this plan will reduce the time spent in the store.
- Organize your list according to the section of the store these items are located in.
- Buy perishable items, such as meat, poultry, fish, eggs, dairy and frozen foods, toward the end of your shopping trip to reduce the amount of time they spend at room temperature.
Meal Planning Tips during COVID-19

• Keep meals simple and make extra so you can reheat leftovers later in the week.

• Ingredients you can use for more than one meal can be a major time saver.

• Instead of making just three chicken breasts, consider making six. This way, you can use the extras in other dishes such as chicken salad or fajitas.

• Make family meals even more fun by letting your child choose nightly themes and menus.

• Check the refrigerator, freezer and pantry for foods that need to be used up.
Meal Planning Tips during COVID-19

Keep the following on hand for quick meals

**Shelf-stable Products**
- Dried or canned beans, peas and lentils (such as black, garbanzo, kidney, white and pinto beans; green, yellow or split peas and lentils)
- Canned vegetables with no added salt (such as tomatoes, green beans and corn)
- Dried or canned fruit in 100% fruit juice
- Whole grains (such as brown rice, quinoa, oats, millet and whole-wheat pasta)
- Pouches or cans of fish and chicken
- Nuts, seeds, and nut butters
- Olive, canola or other vegetable oils
- Dried herbs and spices

**Frozen Foods**
- Vegetables (such as broccoli, cauliflower, carrots and Brussels sprouts)
- Fruit (such as berries and cherries)
- Whole wheat pizza dough
- Poultry
- Seafood

https://www.eatright.org/food/planning-and-prep/smart-shopping/getting-groceries-during-quarantine
Grocery List Through COVID-19

Thanks to Joy Nutrition Consulting for sharing

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<th>Veggies</th>
<th>Fruits</th>
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<td>Fresh Fruit</td>
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<td>Whole Grain Bread</td>
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<td>Broccoli, celery, carrots</td>
<td>Apples, bananas</td>
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<td>Soy/Pepper</td>
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<td>Egg Noodle</td>
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<td>Split Pea Soup</td>
<td>Spices Mix</td>
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<td>Minestrone Soup</td>
<td>Nutella</td>
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### Where can you find grocery delivery services?

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<th>Service</th>
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<tr>
<td>Amazon Prime</td>
<td>• Prime Now app, or amazon.com</td>
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<td>Peapod (Giant Food Stores)</td>
<td>• <a href="http://www.peapod.com">www.peapod.com</a></td>
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<td>Fresh Direct</td>
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Website reference links

- https://www.eatright.org/coronavirus
- https://www.eatright.org/food/planning-and-prep/recipes/rainbow-yogurt-trifle-cups-recipe
- https://www.eatright.org/health/wellness/preventing-illness/make-the-most-of-your-time-at-home
- www.HomeFoodSafety.org
- www.eatright.org/for-kids
- https://spendsmart.extension.iastate.edu/
- https://wholefully.com/healthy-salad-dressing-recipes/
Reminder!

Libby’s Healthy Happy Hour
featuring COPE dietitian Libby Mills

Thursday April 16th at 5PM
Menu: Honey Bear Mock- and Cocktails and Apple, onion herbed cheese stuffed celery.

Join Zoom Meeting:
https://villanova.zoom.us/j/397609480
Questions?
Email
rebecca.shenkman@villanova.edu
or lisa.diewald@villanova.edu
Supplemental handouts

• Meal Planning Worksheet
• Grocery List Through COVID-19
• COPE Newsletter week of April 13