**Eating well during the covid-19 pandemic**

1. **Get into a routine**

When our lives feel as though they have been turned upside down and nothing is normal its helpful to take control over what you eat. Make sure you have regular meals, plan snacks if you need them. Try to avoid ‘grazing’ and mindless eating.

1. **Shop for what you need**

The supermarkets and our fabulous local producers can provide enough food.  Buying too much increases the risk it will be wasted.  Check what’s in your cupboards and freezer before you buy more.

This website has  some great tips and recipes for using store cupboard ingredients and make-ahead meals that can go in the freezer.

[https://www.goodhousekeeping.com/food-recipes/cooking/a31945358/cooking-at-home-during-coronavirus-quarantine/](https://eur04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.goodhousekeeping.com%2Ffood-recipes%2Fcooking%2Fa31945358%2Fcooking-at-home-during-coronavirus-quarantine%2F&data=02%7C01%7C%7C6d4118be3c7e472f2c6708d7d76072e2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637214681546812889&sdata=G8l%2F7c0%2FTReZGBwu%2FATpSfn8Z6BnIVygFHPFyPUUlK8%3D&reserved=0)

1. **Make a plan**

Set aside some time to work out your meals and snacks for the next few days or week. Make a list before you go to the shops. Aim to shop only once or twice a week.

1. **Use reliable sources for more advice to help you eat well**

NHS Choices has lots of information about a healthy diet.

[https://www.nhs.uk/live-well/eat-well/](https://eur04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Flive-well%2Feat-well%2F&data=02%7C01%7C%7C6d4118be3c7e472f2c6708d7d76072e2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637214681546822893&sdata=%2BquKTvAybYqCaxd6NXkybY19jTmhKtKbwFX50c5miTU%3D&reserved=0)

It includes some simple healthy recipes and tips

[https://www.nhs.uk/live-well/eat-well/?tabname=recipes-and-tips](https://eur04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Flive-well%2Feat-well%2F%3Ftabname%3Drecipes-and-tips&data=02%7C01%7C%7C6d4118be3c7e472f2c6708d7d76072e2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637214681546832902&sdata=umFaXIaq4oCy49whTzD91iTlf%2F7ZsjV%2FZzyDbOG8zsY%3D&reserved=0)

1. **Learn to cook**

Now is a great time to gain some cooking skills. You can even keep children entertained by teaching them at the same time.  Check the ‘Lets Get Cooking’ website for healthy recipes which are simple to prepare:

[https://letsgetcooking.org.uk/lets-get-cooking-at-home/](https://eur04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fletsgetcooking.org.uk%2Flets-get-cooking-at-home%2F&data=02%7C01%7C%7C6d4118be3c7e472f2c6708d7d76072e2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637214681546832902&sdata=oNY82mrzwnzV1Ee1am6mnY0d0eJZ86IB9p6vN878IRI%3D&reserved=0)

1. **Beware fake news**

There are lots of stories circulating that certain foods, such as garlic, can prevent infection. There is no evidence to support this. Avoid eating or drinking anything which isn’t part of a usual diet or in abnormal quantities.

1. **Don’t forget the veg and fruit**

It’s easy to stock up on staples like pasta and rice, but try to have some vegetables with every main meal.

Keep frozen veg in the freezer – its cheap, quick and easy to prepare. Add extra veg to stews, or have a side dish. Try having fruit in place of desserts or as a snack.

The BBC website has lots of recipes and great tips to help you get your 5 servings of fruit and veg every day:

[https://www.bbcgoodfood.com/howto/guide/easy-ways-7-day](https://eur04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.bbcgoodfood.com%2Fhowto%2Fguide%2Feasy-ways-7-day&data=02%7C01%7C%7C6d4118be3c7e472f2c6708d7d76072e2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637214681546842914&sdata=Ac0C4iq9gQz81%2Btix6BC2E8pFF605mORyGUVMO5zPls%3D&reserved=0)

1. **Make eating social**

Eating is usually a social activity so use social media to recreate some of that feeling. Share recipes or photos of your meals with friends and families. Maybe even plan to eat a meal ‘together’ using Skype or facetime to connect you.

1. **Grow your own**

Now is a good time to plant some seeds in your garden or even in pots by the door. Cut and come again salad leaves grow quickly and will give you tasty and healthy side dish for your meals.

[https://www.daviddomoney.com/10-best-easy-grow-vegetables-beginners/](https://eur04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.daviddomoney.com%2F10-best-easy-grow-vegetables-beginners%2F&data=02%7C01%7C%7C6d4118be3c7e472f2c6708d7d76072e2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637214681546842914&sdata=OZpCh8LW1P0QuOVpTtRDXijXM2TVyJEiHa6qjMUbBss%3D&reserved=0)

1. **Watch your weight**

When things are chaotic or out of routine it’s often harder to keep control of our weight. If you know you are at risk, take action now to prevent weight gain.  Use any extra time you have to be active – get into the habit of going out for a walk or now could be a good time to try running. Try the NHS couch to 5k app.

[https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/](https://eur04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Flive-well%2Fexercise%2Fcouch-to-5k-week-by-week%2F&data=02%7C01%7C%7C6d4118be3c7e472f2c6708d7d76072e2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637214681546852922&sdata=c5%2B%2FRKKj3GSfWjqDTJ4aBF1XkD8WTNwJhOal1EgCcP8%3D&reserved=0)

If you are concerned about your weight get into the habit of weighing yourself every day or at least once a week. Take action as soon as you see an upward trend or gain more than 2 kg (4 lbs) above your usual weight. Write down your weight or use a tracker app to keep an electronic record. Many are freely available to download such as this:

[https://apps.apple.com/gb/app/aktibmi/id1097820600](https://eur04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fapps.apple.com%2Fgb%2Fapp%2Faktibmi%2Fid1097820600&data=02%7C01%7C%7C6d4118be3c7e472f2c6708d7d76072e2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637214681546852922&sdata=bfZH0IcujCpUHmWRETG7vDEoMe%2BweYMgRQunxk0Es7w%3D&reserved=0)

If you are overweight or find you have gained weight, try the NHS 12 week weight loss plan

[https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/](https://eur04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Flive-well%2Fhealthy-weight%2Fstart-the-nhs-weight-loss-plan%2F&data=02%7C01%7C%7C6d4118be3c7e472f2c6708d7d76072e2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637214681546862931&sdata=o77irUI7EhEQyxuIjA%2FcjcSa0ED7L1zsGrWRpv7%2FmZk%3D&reserved=0)