Overall key messages:

1. Healthy eating is important for everyone during COVID-19 Pandemic. A healthy diet helps people be at their healthiest and protect against illness.
2. Eat a variety of healthy foods every day, including plenty of vegetables and fruits, whole grains, and protein foods.
3. There are no single nutrients, vitamins or minerals to fight against COVID-19. An overall healthy diet supports the immune system.
4. Proper hand hygiene and social/physical distancing are essential to fight against COVID-19.

Key messages for everyone

- Healthy eating and staying hydrated is important to protect against illness, regardless of age.
- Eat a variety of nutritious foods to support health and immunity.
- No single food, vitamin, mineral or supplement can boost immunity or protect against COVID-19.
- Proper hand hygiene and social/physical distancing are the best ways to protect against COVID-19.
- Wash your hands frequently when preparing foods at home.
- Use the Eat Well plate to guide food choices: ½ plate vegetables and fruits, ¼ protein foods, ¼ whole grains.
- Enjoy meals with members of your household except if a family member is self-isolating.
- When eating together:
  - Don’t share snacks, like a family popcorn bowl
  - Don’t share drinks, cups or utensils
  - Have one person use utensils to serve food to others

Links to resources

Food and Nutrition Resources:
- Quick and Easy Meals
- Wake up to Breakfast Every Day
- Eating Out the Healthy Way
- Eat More Vegetables and Fruits
- Choose Healthy Drinks
- Fibre Facts
- Eat Well Plate

Food Safety
- General Food Safety
- Produce Safety
- Cleaning surfaces and sanitizing solution

Physical Distancing
- Practice physical distancing
Key messages for everyone (continued)

- Disinfect surfaces daily. See guidance on cleaning surfaces and sanitizing solution.
- When family members are separated, consider eating together using video calling if possible.
- For grocery shopping, order online with curb-side pick-up or delivery to prevent community exposures if possible.
- If grocery shopping in store: after you leave the grocery store, sanitize/wash your hands; put away all groceries at home, then wash your hands again.
- When preparing fresh fruits and vegetables, wash or scrub them under cold, running, tap water before eating them.
- If ordering take-out or having home meal delivery on a regular basis use the Eat Well plate to help with choices. After you have unpackaged the food, wash your hands before you eat.

Key messages for healthy families at home

- Cook together with people in your household. This is a way of children learning and developing life skills while spending time together. Even young children can participate, e.g. setting the table, washing vegetables.
- Any ill family member should be self isolating and not be participating in family cooking activities or using common serving tools.

Preparing and stocking your pantry

- Plan ahead for groceries and buy enough food to minimize unnecessary trips to the store
- Avoid stockpiling.
- For grocery shopping, order online with curb-side pick-up or delivery to prevent community exposures if possible.
- If grocery shopping in store: after you leave the grocery store, sanitize/wash your hands; put away all groceries at home, then wash your hands again.

Links to resources

**Video and recipes**
- [Raising Our Healthy Kids Video](#)
- [Inspiring Healthy Eating recipes](#)

**Links to resources**

- [Alberta Health](#) has a list of emergency supplies if you are looking for ideas.
- [Health Canada information about being prepared](#)
Information for seniors

- Eating healthy is important at any age or stage of life.
- For older adults it is important to maintain strength and immunity.
- Meals can be simple. Look to Canada.ca/foodguide for the Eat Well plate.
- Include foods with protein at each meal of the day.
- Examples of protein foods to add at meals: eggs, yogurt, cheese, lean meat, poultry or fish, beans (any type), milk or fortified soy beverage.
- For grocery shopping, order online with curb-side pick-up or delivery to prevent community exposures if possible.
- If grocery shopping in store: after you leave the grocery store, sanitize/wash your hands; put away all groceries at home, then wash your hands again. If you live alone, try phoning or video calling a friend or family member and have a mealtime chat.
- If ordering take-out or having home meal delivery on a regular basis use the Eat Well plate to help with choices. After you have unpackaged the food, remember to wash your hands before eating the food.

Cooking for one

- For grocery shopping, order online with curb-side pick-up or delivery to prevent community exposures if possible.
- If grocery shopping in store: after you leave the grocery store, sanitize/wash your hands; put away all groceries at home, then wash your hands again.

Links to resources

**Food and Nutrition**

- Quick and Easy Meals
- Wake up to Breakfast Every Day
- Eating Out the Healthy Way
- Eat More Vegetables and Fruits
- Choose Healthy Drinks
- Fibre Facts
- Protein foods
- Cooking for one

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**Cooking for one**

- For grocery shopping, order online with curb-side pick-up or delivery to prevent community exposures if possible.
- If grocery shopping in store: after you leave the grocery store, sanitize/wash your hands; put away all groceries at home, then wash your hands again.
Information for people who are self-isolating

- Stay home and self-isolate.
- It is important to maintain good nutrition and hydration.
- Make sure you are eating and drinking regularly, even if you have a low appetite.
- No one food or vitamin/mineral or supplement can boost immunity or protect against COVID-19. At this time, there is no vaccine for COVID-19 or any natural health products that are authorized to treat or protect against COVID-19.
- If you share a household with others, avoid sharing household items outlined in “How to self-isolate”.
- Arrange to have food and other items you need dropped off or delivered to your home or room you are isolating in.

Links to resources

Food and Nutrition
- Quick and Easy Meals
- Wake up to Breakfast Every Day
- Choose Healthy Drinks
- Eating Out the Healthy Way
- Eat More Vegetables and Fruits
- Fibre Facts
- Canada’s Food Guide

Self isolation
- How to self-isolate