

Nutrition and Covid-19 Messages

Nutrition Services has developed the messages for various target groups which align with evidence as well as direction from the Chief Medical Officer of Health and Alberta Health Services departments (example. Environmental Public Health).

The information below is current as of April 1, 2020. COVID-19 is a new virus so information is continually being reviewed and updated. The messages below may change as our knowledge of COVID-19 evolves.

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 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 distancing are the best ways to protect against COVID-19.
- Wash hands often and well.
- 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.
- Disinfect surfaces daily (See guidance on cleaning).
- When family members are separated, consider eating together using video calling if possible.
- For grocery shopping, order online with curbside 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 ordering take-out or having home meal delivery, include whole grains, vegetables and

Links to resources

AHS:

- [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](#)

Other:

[Food Safety Tips](#) (Government of Canada)

[Canada's Food Guide](#) (Government of Canada)

[Eat Well Plate](#): (Government of Canada)

Produce safety: <https://www.canada.ca/en/health-canada/services/general-food-safety-tips/produce-safety.html#a5>

<https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-covid-19-environmental-cleaning-public-facilities.pdf>

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/food-safety>

<p>fruits. If needed, add more of these from what you have at home. After you have unpackaged the food, remember to wash your hands before eating the food.</p>	
<p>Key Messages for: Healthy Families at Home:</p>	<p>Links to resources</p>
<ul style="list-style-type: none"> • 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. 	<p>AHS and Other:</p> <ul style="list-style-type: none"> • Raising Our Healthy Kids Video • Inspiring Healthy Eating recipes
<p>Preparing and Stocking Your Pantry:</p>	<p>Links to resources</p>
<ul style="list-style-type: none"> • Keep a reasonable amount of food on hand to minimize unnecessary trips to the grocery store. Avoid stockpiling. • For grocery shopping, order online with curbside 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. 	<p>Alberta Health has a list of emergency supplies if you are looking for ideas. https://www.alberta.ca/build-an-emergency-kit.aspx</p> <p>Health Canada At this time, it makes sense to fill your cupboards with non-perishable food items. It is easier on your budget and the supply chain if people gradually build up their household stores instead of making large-scale purchases all at once. Good options are easy-to-prepare foods like canned vegetables and beans, dried pasta and sauce. Learn more about being prepared.</p>
<p>Information for Seniors:</p>	<p>Links to resources</p>
<ul style="list-style-type: none"> • 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. 	<p>AHS:</p> <ul style="list-style-type: none"> • Quick and Easy Meals • Wake up to Breakfast Every Day • Eating Out the Healthy Way • Eat More Vegetables and Fruits • Choose Healthy Drinks

- 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 curbside 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 your take out meal is low in vegetables and whole grains, include them with your other meals.
- After you have unpackaged the food, remember to wash your hands before eating the food.

- [Fibre Facts](#)

Other:

If living alone: [Cooking for one](#)

[Protein foods](https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-protein-foods/): <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-protein-foods/>.

Cooking for One

- After you have unpackaged the food, remember to wash your hands before eating the food.
- For grocery shopping, order online with curbside 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

AHS:

- [Quick and Easy Meals](#)
- [Wake up to Breakfast Every Day](#)

Other:

- [Cooking for one](#)
- [Canada's Food Guide](#) (Government of Canada)
- [Eat Well Plate](#): (Government of Canada)

Meal ideas, go to <https://food-guide.canada.ca/en/healthy-eating-recommendations/cook-more-often/>

Information for people who are self-isolating	Links to resources
<ul style="list-style-type: none"> • Stay home and self-isolate (link in other box). • It is important to maintain good nutrition and hydration. • 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. • Make sure you are eating and drinking regularly, even if you have a low appetite. • If you share a household with others, avoid sharing household items outline 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. 	<p>AHS:</p> <ul style="list-style-type: none"> • Quick and Easy Meals • Wake up to Breakfast Every Day • Choose Healthy Drinks • Eating Out the Healthy Way • Eat More Vegetables and Fruits • Choose Healthy Drinks • Fibre Facts <p>Other:</p> <ul style="list-style-type: none"> • Canada's Food Guide <p>Alberta.ca:</p> <ul style="list-style-type: none"> • How to self-isolate