



Resources
and Fun
for
Tuesday
3-24-2020

GROCERIES

Coronavirus grocery list: What items you need to buy in case of self-quarantine

These are the best foods to stock up on in case you or your family needs to self-quarantine.



Coronavirus shopping list: What you may need to have on hand

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By Frances Largeman-Roth, RDN

Concerns about the novel coronavirus and the disease it causes – COVID-19 – have been dominating news headlines as the outbreak continues to spread around the world.

As the number of reported cases in the U.S. continues to rise, many Americans are preparing for the possibility of large-scale school and business closures, enhanced travel restrictions and even the possibility of being quarantined.

While the number of confirmed cases of COVID-19 remains relatively low nationwide, thousands of Americans have been advised to self-quarantine due to recent travel activity or possible exposure to the virus. NBC News Medical Correspondent Dr. John Torres confirmed to TODAY that self-quarantine is currently being recommended by the Centers for Disease Control and Prevention for anyone who has been to China, or several other affected areas, within the last 14 days. Self-quarantine is also being advised for those who have been exposed to someone with a confirmed case of COVID-19.

Infectious disease experts currently believe the incubation period for COVID-19 is 14 days.

“Having someone who has potentially been exposed to the virus self-quarantine for 14 days would ensure they ... don’t spread it to others,” explained Dr. Torres, who added that this precaution should help slow the rate of transmission of the virus.

Around the world, people are rushing to their local supermarkets to stock up on essential non-perishables and household items – but should you? In the event that you do need to self-quarantine, or if you find yourself caring for someone who may have been exposed to coronavirus, it's a good idea to be prepared by keeping enough nutritious foods in the house that will last for up to two weeks.

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TODAY Food has put together a list of nutrient-dense, shelf-stable foods (plus several heartier produce items), that will help keep your family nourished and satisfied in the event that they will be staying inside for an extended period of time.

Canned goods to stock up on

Canned items are staple goods to stock up on during many types of emergencies. If kept at a moderate temperature (about 75 degrees), canned goods may last decades. While those in quarantine won't be holed up indefinitely, having canned veggies and fruits on hand is a great way to ensure that you're still consuming essential vitamins and minerals.

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- **Fruit:** Look for canned fruit that has no added sugar. Depending on the type of fruit, the vitamin C will vary from about 45% (peaches) to 90% (grapefruit) of your recommended daily allowance per serving. Pick up a variety of mixed fruit bowls: Canned peaches, pears, pineapple, grapefruit and mandarins are all great options.
- **Vegetables:** A great source of fiber, vitamin C and other nutrients, canned veggies like corn, carrots, peas and green beans, are a great addition to lots of meals, from omelets to casseroles. Look for low-sodium varieties. Canned pumpkin might seem like it's just for the fall, but this versatile ingredient is loaded with beta-carotene, which is essential for keeping your immune system strong. Look canned beets, too, as one serving of this nutritious root vegetable contains 1.5 grams of fiber, 1.5 milligrams of iron and 125 milligrams of potassium.
- **Beans:** All varieties of canned beans – from black beans to pinto beans – are a great source of plant protein and can be used in everything from tacos to grain bowls and soups. Check the can's label to make sure there's no added salt or seasonings you don't like. Grab a few cans of garbanzo beans if you like to make your own hummus.
- **Ravioli:** While some canned pastas tend to be high in sodium (around 700 milligrams per serving), cheese ravioli provides carbohydrates, protein and is low in saturated fat. If you have kids, keeping a few of these on hand will be a fun way to perk up meal time.
- **Fish:** A wonderful source of both protein and omega-3 fatty acids, canned fish (such as tuna, salmon, anchovies and sardines), can be used in sandwiches for lunch and main dinner dishes. Pick up a dozen cans – many stores offer discounts when you buy multiples – as they'll last a long time.
- **Soups and chilis:** Pick up several different varieties for everyone in your household. Look for low-sodium soups and be mindful of the fat content of cream-based options. Keep in mind that you can always perk up relatively plain soups with extra veggies and your favorite spices.



Americans stock up as coronavirus cases grow

MARCH 2, 2020 1:44

Pantry staples

You might already have plenty of pasta and peanut butter in your pantry, but when you have to rely on these items for more than a few days, they tend to run out quickly. Restock your kitchen cabinets with these essentials and other family favorites.

- **Applesauce:** Whether it's in a jar or a pouch, applesauce without any added sugar makes a healthy snack for kids and adults. It can also be added to muffins or other baked goods for a boost of natural sweetness and fiber.
- **Quinoa:** Quick cooking and packed with 8 grams of protein per cup, quinoa is a healthy seed that makes a great base for grain bowls and salads; it's also great added to soups and stews. Brown rice, farro, barley and bulgur are other tasty whole grains. Pick up a couple boxes of each.
- **Pasta:** This pantry staple is essential, whether you choose the classic wheat-based kind or a bean-based, gluten-free variety. A 1-pound box of dried pasta makes eight servings, so a family of four may want to buy four or more boxes for a two-week period. Jarred pasta sauce is also smart to have on hand, or you can make your own sauce from canned tomatoes.
- **Chicken, beef or vegetable stock:** Low in calories, but also great source of protein, stocks are great as the base of hearty soups and stews. They also add wonderful flavor to cooked grains and rice.
- **Dried fruit:** While dried fruits do not contain the water that fresh fruit does, they do contain plenty of nutrients. Dried fruit can be used to top cereal, oatmeal and yogurt, and it can also be added to baked goods. A few containers of different varieties should be enough for two weeks.
- **Nuts and nut butter:** Nutrient-dense and full of plant-based protein, nuts contain heart-healthy fats, as well as essential minerals. Nut butter can be spread on apples or stirred into oatmeal and yogurt. Pick up a couple different jars of peanut butter and almond butter for variety.
- **Seeds:** Seeds like chia, flax and hemp provide alpha-linolenic fatty acids, which provide anti-inflammatory benefits. Store seeds in the refrigerator and nuts in the freezer to help extend their freshness.
- **Baby food and formula:** Depending on your baby's age, he or she may be eating grown-up food in some form, but it's a great idea to stock up on some ready-to-eat food pouches and kid-friendly snacks to supplement meals. If there's an infant in the house, make sure you have enough formula for at least two weeks.
- **Shelf-stable, pasteurized milk:** This type of milk is very common in Europe, but Americans don't use it often. Once opened, a carton does require refrigeration and lasts for about a week.

If you have pets in the home, don't forget to stock up on their food staples. Make sure you have a mix of both dry and wet options available, depending on your pets' diets.

Frozen foods

Don't overcrowd your freezer with too many items since, unlike canned items, a lot of frozen foods don't last forever and you don't want to be wasteful. However, frozen fruits and veggies are often just as nutritious as their fresh counterparts.

- **Vegetables:** Buy a variety of frozen veggies to add to pasta, stir-fries or soups. I recommend a variety of green veggies, like peas, broccoli and spinach. Get about four big bags.
- **Fruit:** Frozen fruit, such as cubed mango, peaches, berries and even dragon fruit, are great for smoothies and make easy desserts. Like their canned counterparts, they're also a great source of vitamin C.
- **Burritos:** Basic bean burritos are rich in protein and can be dressed up with salsa and cheese. These don't take up much space in the freezer and they're incredibly easy to reheat.
- **Pizza or pizza crust:** If you have room in your freezer for these, they're probably worth the space. While not essential for basic nutritional needs, freshly baked pizza will be a welcome weeknight treat. You can always spruce it up with veggies and other toppings.

- **Meat and poultry:** Chicken breast, ground beef and ground turkey all freeze well. They can be turned into the centerpiece of a meal, or they can be added to soups and chilis to bulk them up.
- **Frozen treats:** Staying at home for a two-week period can be stressful, so don't deny yourself (or your family) a treat or two. Pick up a few pints of ice cream and a box or two of no-sugar-added ice pops.

Confirmed cases of coronavirus in the United States

Hover over a state to see how many confirmed cases and deaths there are across the country.

1-10 cases 11-50 51-100 More than 100

Notes

Data as of .

Breakfast items & snacks

- **Cereal:** Get a few boxes of high-fiber cereals (look for varieties with at least 5 grams per serving), such as Fiber One or All Bran to help everyone in the house stay regular.
- **Instant oatmeal packets or rolled oats:** Instant oatmeal makes a very filling breakfast and you can always add a spoonful of nut butter for more protein, or a few tablespoons of dried fruit for sweetness. Rolled oats are ideal for baking, making energy bites and creating overnight oats.
- **Granola bars and protein bars:** While you may not be able to leave the house to exercise, you can still do some yoga, stretch and perform weight-bearing exercises at home if you feel well enough to do so. Having some ready-to-go snacks on hand is still a good idea.
- **Jerky:** If you're an omnivore, keep some beef, turkey or pork jerky in the pantry. Look for brands that are low in sugar and have minimal preservatives. Meat sticks and bars are also another great source of protein.
- **Popcorn:** If you're going to be inside for two weeks, chances are you'll be watching plenty of shows on Netflix, Hulu and Amazon Prime. Buy several boxes of microwaveable popcorn, or a jar of kernels if you like to make it the old fashioned way.

Longer-lasting perishables

Preparing for the long haul doesn't mean you have to deprive yourself of eating fresh items. However, some perishable goods definitely last longer than others. Before you pick up items like eggs, bread and butter, check the packages' expiration date to make sure you're not cutting it close.

- **Apples:** Filling and versatile, apples are rich in fiber, vitamin C and potassium. Plus, they'll keep fresh for about three weeks when refrigerated.
- **Bananas:** Fresh bananas don't last very long, but this is one fruit that freezes really well. Buy a bunch, cut them up and freeze the slices. They're great for smoothies or dipped in chocolate for a fun treat.
- **Oranges and lemons:** Bursting with vitamin C, citrus fruits will keep your immune system humming and last in the refrigerator for up to two weeks. The zest and juice from these fruits will also help brighten up the flavor of a variety of marinades and recipes.
- **Eggs:** Fresh eggs should be stored in their original carton to protect them. They will last three weeks after purchase when refrigerated properly. If you boil your eggs, they will last for up to a week. If your family really, really loves eggs (and you like to bake), consider buying up to four dozen eggs for a two-week period.
- **Butter:** An essential baking ingredient and spread, butter will last in the fridge for a few months.
- **Cheese:** Both block-style and shredded cheeses should last for about two weeks, as long as you seal the packages properly after opening them. Harder cheeses like cheddar and pecorino can last for a month. Softer cheeses like Gouda and brie last about two weeks.

- **Carrots:** Carrots are high in beta-carotene, which is necessary for skin and eye health. Per a 1 cup serving, carrots provide nearly 4 grams of fiber. A bag of unpeeled carrots will last for at least two weeks in the produce drawer of your fridge.
- **Garlic and onions:** Both of these flavor boosters can be used in hundreds of recipes, and they last for a very, very long time. Stored at room temperature, these savory bulbs will last up to two months.
- **Potatoes and sweet potatoes:** Both sweet and white potatoes are potassium-rich all-stars and will last at room temperature for about two weeks.
- **Cabbage:** High in fiber and loaded with nutrients, cabbage is a great item to keep on hand. A whole head of cabbage will last in the refrigerator for about a week. You can shred it and add it to tacos and salads, or braise it to make a dish like stuffed cabbage.
- **Bread (bagels, sliced bread, tortillas):** While certain bread products can become moldy in a few days, you can extend their life by freezing them. To freeze bread, keep the product in its original packaging and place it in the freezer. When you want to eat it, let it thaw at room temperature and then toast it. Bagels, tortillas and even English muffins can all be frozen and reheated. Buy enough bread so that each family member can enjoy two slices (or one bagel or muffin) each day.

Pharmacy items

According to Dr. Torres, if you must self-quarantine, it's imperative to make sure you have enough of any prescribed medications to last for a two-week period. In addition to the medicine you need to take, pick up the following items (if you're running low) while you're in the pharmacy section of your grocery store:

- Multivitamins
- Ibuprofen or Tylenol
- Children's fever reducer (if there are kids under 12 in the family)
- Cough medicine
- Saline solution
- Allergy medicine, like Benadryl and Claritin
- Toilet paper
- Paper towels
- Dish soap and other cleaning essentials, like sanitizing wipes
- Band-Aids

Keep this list handy in the event of a worst-case-scenario situation but, until then, keep in mind that the best defense against any virus is to practice thorough hand-washing – which is a great habit to keep up all year long.



Frances Largeman-Roth, RDN

Frances Largeman-Roth, RDN, is a nutrition and wellness expert, writer, mom of three and best-selling author. Her books include "Feed the Belly," "The CarbLovers Diet" and "Eating in Color." Follow her on [Instagram](#) and check out her [website](#).



10 WAYS TO REDUCE Stress

	Manage your time
Be Prepared	Focus on what you can control
Enjoy Life	
Realize you can't please everyone	Organize
	Exercise
Create a vision board	Change the way you think
Sleep	
www.fcnextdoor.com	

30 Day LEGO Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

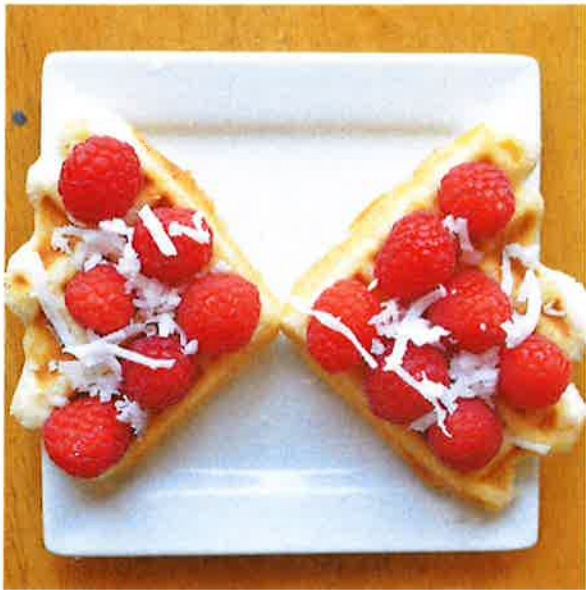
Day 1	Day 2	Day 3	Day 4
You were hired by an amusement park to create a new roller coaster.	NASA needs you to build a new rocket.	Your parents want to build a new home and they want you to build it.	Hollywood hires you to build a movie set for a new Star Wars movie.
Day 5	Day 6	Day 7	Day 8
You enter a contest to build the world's tallest tower. Will you win?	You are stuck on Mars and need to build a new ship to get home.	Ford hires you to create the toughest, pick up truck in the world.	You and 4 friends are stranded on an island. Build a boat to find a way home.
Day 9	Day 10	Day 11	Day 12
Captain Jack needs a new pirate ship and wants you to build it.	You and your friends decide to build a tree house.	Prince Charming hires you to build a castle for him & Cinderella.	Dr. Who hires you to build a new TARDIS.
Day 13	Day 14	Day 15	Day 16
You are asked by the President to build a new monument to George Washington.	Mr. Hilton hires you to build a new hotel.	There is a circus in town. Build a place for the performance.	Help your fellow pioneers build a wagon to make it across the country.
Day 17	Day 18	Day 19	Day 20
Build the fastest car around and join the big car race.	Do you want to build a snowman? Get in the winter mood and build a snow scene.	The city wants you to build a bridge to connect one side of the town to the other.	Pizza Party! It is up to you to make a pizza for all the guests.
Day 21	Day 22	Day 23	Day 24
You are hired to build a brand new hospital.	The fence is broke and the dog keeps escaping. Build one he can't get out of.	You are now in medieval times. You are commissioned to build a jousting arena.	The local bank keeps getting robbed. Build a safe no one can crack.
Day 25	Day 26	Day 27	Day 28
Design and build your dream bedroom.	What was your favorite day?	You are elected ruler. Build a flag for your land.	Aliens are invading and you need to build a war robot to defeat them.
Day 29	Day 30	Day 31	Day 32





Banana Butterfly Snack

We just used a slice of a banana, pretzels for wings, dried cranberries for eyes, and some apple slices for the antennae!



Butterfly Waffle Butterfly

Simple bake, and turn two of the waffle pieces toward each other, and top with fruit for color!



Butterfly Quesadillas

I made one quesadilla with a 8-inch tortillas and cut it into 4 equal portions. Place two quesadilla "wings" on your plate.

Create the body by slicing the end off some beautiful green grapes and laying them on your plate to look like a body.

Thinly slice a baby carrot into strips to use for antennae, and place two blueberries on top of the carrots to complete the look.



Edible Indoor Sandbox That's Simple & Fast to Make!

I set up a very simple indoor sandbox that's completely edible for toddlers. This really should have been one of the ideas to turn outdoor activities into indoor ones!

An indoor sandbox is so incredibly simple to make. All that's needed is a tub and fill it up with pretty much anything you have in your pantry.

We've done it in the past with rice, but this time it was oatmeal.

I stuck in some 'snacks' to find and munch on too.

All it takes is a couple measuring cups and spoons and kids will have a great time scooping out the oatmeal and digging for the 'treasures'.



Typical Daily Portion Sizes *(serving sizes may vary with individual infants)*

Age	Human Milk	Infant Formula	Grain Products	Vegetables	Fruits	Protein-rich Foods
Only human milk (or formula) is needed for the first 6 months						
Birth to 6 months						
6 to 8 months	Breastfeeding infants should continue to be breastfed, on demand. Though formula-fed infants take in ~24 to 32 ounces, provide an amount based on an individual nutrition assessment.		~1 to 2 ounces	~2 to 4 ounces	~2 to 4 ounces	~1 to 2 ounces
Start complementary foods when developmentally ready, about 6 months			Iron-fortified infant cereals, bread, small pieces of crackers	Cooked, plain strained/pureed/mashed*	Plain strained/pureed/mashed*	Plain strained/pureed/mashed meat, poultry, fish, eggs, cheese, yogurt, or mashed legumes
Start with ~0.5 - 1 ounces	Infants' intake of human milk/formula may decrease as complementary foods increase.					
8 to 12 months	Provide guidance and encouragement to breastfeeding mothers and continue to support those mothers who choose to breastfeed beyond 12 months. Formula-fed infants take in ~24 ounces, but provide an amount based on an individual nutrition assessment.		~2 to 4 ounces	~4 to 6 ounces	~4 to 6 ounces	~2 to 4 ounces
			Iron-fortified infant cereals	Cooked, finely chopped/diced*	Finely chopped/diced*	Ground/finely chopped/diced meat, poultry, fish, eggs, cheese, yogurt or mashed legumes

* Infants under 12 months of age should not consume juice unless clinically indicated. After 12 months, encourage fruit over fruit juice; any juice consumed should be as part of a meal or snack and from an open cup (i.e., not bottles or easily transportable covered cups).

Foods to Avoid

Soda, gelatin, coffee, tea or fruit punches and "ade" drinks 	Milk until 12 months 	Added salt 	Added oil, butter, other fats, seasoning 	Added sugar, syrups, other sweeteners 	Fried foods, gravies, sauces, processed meats 
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Important Notes to Remember

- Babies weaned from human milk before 12 months should receive iron-fortified formula.
- Wean entirely off the bottle and onto a cup at 12 to 14 months.
- Keep bottles out of bedtime and nap routines to avoid exposing infants' teeth to sugars and reduce the risk for ear infections and choking.
- Check carefully for bones in commercially or home-prepared meals containing meat, fish, or poultry.
- Remove seeds, skin, and pits from fruits. For additional choking prevention information, refer to the *Infant Feeding: Tips for Food Safety* job aid.

March

Leprechaun, leprechaun, Where can you be?
Leprechaun, leprechaun, hiding from me!
If we play and if we shout,
We might make the leprechaun come out!

Leprechaun, Leprechaun, where are you?
I tried to catch you, but away you flew.
I'm going to get you just wait and see!
Then all your gold will belong to me!





Portions for Preschoolers



At child care, the amount of food served at meals and snacks depends on the age of the child. A reasonable portion for preschoolers is smaller than for teens or adults.

The chart below shows how portions compare for adults and preschoolers. It may not look like a lot, but the amounts shown below are just right for preschoolers' small stomachs and energy needs.

Examples of Portions for Adults and Preschoolers

	Preschooler	Adult
Breakfast	<ul style="list-style-type: none">½ cup breakfast cereal flakes½ cup sliced strawberries¾ cup low-fat (1%) milk	<ul style="list-style-type: none">1 cup breakfast cereal flakes1 slice of whole-wheat bread½ cup sliced strawberries1 cup low-fat (1%) milk
Dinner	<ul style="list-style-type: none">1½ ounces oven-baked chicken¼ cup baked sweet potatoes¼ cup cooked brown rice¼ cup fruit salad¾ cup low-fat (1%) milk	<ul style="list-style-type: none">2 ounces oven-baked chicken½ cup baked sweet potatoes½ cup cooked brown rice½ cup fruit salad1 dinner roll1 cup low-fat (1%) milk

Teaching Healthy Eating Habits

Offer preschool-sized portions, not adult portions. This helps your child learn to pay attention to whether he or she feels hungry or full. Smaller amounts help your child only eat what his or her body needs. If your child is still hungry, he or she will ask for more. When your child is served smaller amounts, less food is wasted.

Helpful tips for feeding your preschooler:

- Use smaller bowls, plates, and cups for smaller portions.
- Let your child practice serving himself or herself smaller portions.
- Do not force your child to finish everything on his or her plate.

Sample portion sizes by types of foods

At home, you can use the chart below as a general guide for the amount of a particular food to serve at meals. See the front page of this handout for information on how foods might be served together to make a meal. Children's appetites vary from day to day. Some days they may eat less than these portion amounts; other days they may want more.

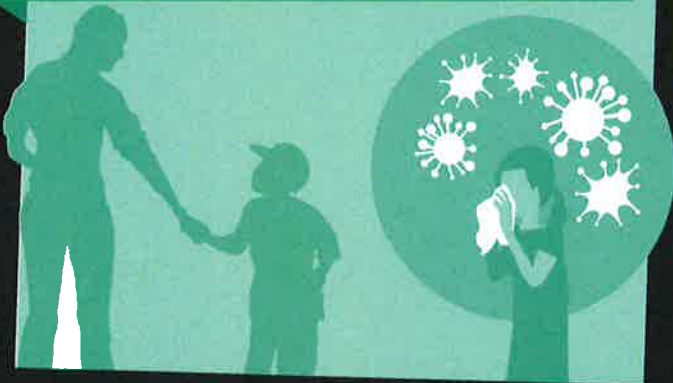
	Preschool Portions
Dairy	$\frac{3}{4}$ cup milk $\frac{3}{4}$ cup yogurt 1 $\frac{1}{2}$ ounces of cheese
Vegetables	$\frac{1}{4}$ to $\frac{1}{2}$ cup vegetables $\frac{1}{2}$ to 1 cup raw, leafy green vegetables (such as salad)
Fruits	$\frac{1}{4}$ to $\frac{1}{2}$ cup fruits $\frac{1}{8}$ to $\frac{1}{4}$ cup dried fruit
Grains	$\frac{1}{4}$ cup cooked rice or pasta $\frac{1}{2}$ slice of bread $\frac{1}{4}$ cup of cooked breakfast cereal $\frac{1}{2}$ cup ready-to-eat breakfast cereal flakes or rounds $\frac{3}{4}$ cup puffed ready-to-eat breakfast cereal
Protein Foods	$\frac{1}{2}$ to 1 $\frac{1}{2}$ ounces lean meat, poultry, or fish $\frac{1}{2}$ to 1 $\frac{1}{2}$ ounces of tofu $\frac{1}{8}$ to $\frac{3}{8}$ cup cooked beans 1 to 3 tablespoons peanut butter (spread thinly to prevent choking) $\frac{1}{4}$ to $\frac{3}{4}$ of a large egg

When planning meals and snacks, smaller stomachs need smaller portions.

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



Share Facts About COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT
1

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT
2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age with underlying health conditions, such as diabetes, lung disease, or heart disease, are at greater risk of severe illness from COVID-19.

FACT
3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT
4

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT
5

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

For more information: www.cdc.gov/COVID19

