



# NUTRITION bites

Brought to you by the UMass Extension Nutrition Education Program

ISSUE 2

*Nutrition Bites* is a weekly newsletter that highlights helpful information on staying safe, an easy and healthy recipe to try with your family, physical activity ideas, and food resources in your area. We know you are taking extra steps to keep you and your family safe during this pandemic. Our goal is to work together and to provide information to help our community maintain the safety of us all.

## STAYING SAFE



According to the Centers for Disease Control and Prevention, there is currently no evidence that COVID-19 can be transmitted through food or food packaging. It may be possible for viruses to survive on surfaces and objects. Always use proper hygiene and food safety practices.

- Wash all fruits and vegetables thoroughly with water before eating or preparing.
- Wash all fruits and vegetables with skins and rinds that you do not eat, like oranges, melon, bananas, and avocado. Dirt and bacteria can transfer to the fruit or vegetable when it is peeled or cut.
- Do NOT use soap or a bleach solution on fruits or vegetables. Cleaning products or bleach solutions are not meant to be used on food.



Be prepared during the COVID-19 pandemic and buy your fruits and vegetables in a variety of forms.

- **FROZEN** produce will last for several months in the freezer. To keep food safe, your freezer temperature should be 0° F (-18° C).
- **CANNED** fruits and vegetables are often good for two years when stored at room temperature. Look for an expiration date printed on the label or right on the can.

## RECIPES AND NUTRITION TIPS



Looking for a healthy breakfast or snack idea for the whole family?

- Try this [Berry Yogurt Crunch](#) recipe and add any fresh or frozen fruit you have on hand. For extra protein, try using Greek yogurt. If you do not have graham crackers for the topping, use any whole-grain cereal or low-sugar granola.
- Watch this video on how to make a [Batido Smoothie and Breakfast Parfait](#).

These kid-friendly recipes are packed with nutrients like calcium and fiber!

## PHYSICAL ACTIVITY TIPS

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**Working at home?** Here are some ideas to add more movement to your day.

**Place things you use regularly out of reach or in another room.** Doing this will help increase your daily steps and keep your body moving.

**Set your alarm for movement breaks.** You can dance for the length of a song, do some simple stretches, climb your stairs, or get up and walk around.

**Crunch for lunch outside.** Setting time to step away from your work area allows you to rejuvenate your mind and unwind. Include crunchy fruits and vegetables in your meals for added nutrients to keep you and your family healthy.

**Stretch throughout the day.** Stretching can help reduce pain and stiffness and can increase your energy level. Stretching will increase the circulation of blood to various parts of your body.



### Gardening Tip for Starting Your Vegetable or Herb Garden

A successful vegetable or herb garden needs at least seven hours of full sun each day. To find the perfect spot, check areas inside or outside your home frequently from sunrise to sunset to see if they meet this requirement.

### Have Some Fun with This Outdoor Garden Activity

Follow the steps on the link below to learn how to make a bird feeder out of a recycled milk carton.

<https://www.notimeforflashcards.com/2008/04/b-is-for-bird.html>

## FOOD ACCESS RESOURCES IN MASSACHUSETTS

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**Did you know that you can purchase fresh local fruits and vegetables with your SNAP benefits?**

Some local farms are even offering delivery and curbside pickup! See the resources below for participating vendors in your area.

**Visit the Healthy Incentive Program (HIP) farm map:**

<https://massnrc.org/farmlocator/map.aspx?Program=HIP>

**Resources to order directly from local farmers and food producers offering delivery and curbside pickup:**

<https://www.massfarmersmarkets.org/news/take-a-bite-out-of-covid19>

**Mass.gov, How & Where to Buy Local:**

[https://www.mass.gov/service-details/covid-19-how-where-to-buy-local?fbclid=IwAR3ZDPNrW\\_UGTkGvGoKGpgBuJGyXJNgc01Rkq2\\_bHs51YnuyZ4ECFXFqdYY](https://www.mass.gov/service-details/covid-19-how-where-to-buy-local?fbclid=IwAR3ZDPNrW_UGTkGvGoKGpgBuJGyXJNgc01Rkq2_bHs51YnuyZ4ECFXFqdYY)