



## Stay Home, Eat Well, Keep Moving

There are many ways you can help your family eat well and stay active while at home. Access emergency food and school meals. Make the most of food resources, stay food safe, prepare quick and healthy meals. Take time each day for physical activity. We are here to help your family stay healthy and safe during this time.

### Meal Planning Tips:

- Check the pantry, freezer, and refrigerator to see what you already have
- Make a list of the items you need
- Eat a variety of fruits and vegetables: fresh, frozen, and canned
- Use fresh food first, then use frozen and canned foods next
- Use what you have - spinach instead of kale, canned tuna instead of chicken, applesauce or canned pumpkin instead of fresh fruit

Scan the QR code with your cell phone camera, or visit [go.umd.edu/covidresources](https://go.umd.edu/covidresources) for more information!

QR Code:



### Grocery Shop Less Often: Use foods you have on hand in your refrigerator, freezer, and pantry.

The fresh fruits and vegetables listed below last longer. Choose canned and frozen produce too.

#### Vegetables:

Beets, carrots, peas, tomatoes, sweet or white potatoes, kale, spinach, collard greens, cabbage, parsnips, rutabagas, turnips, Brussels sprouts, winter squash, onions, garlic

**Choose canned and frozen vegetables without added salt, sugar, or creamy sauces.** Rinse canned veggies to remove added salt.

#### Fruits:

Apples, oranges, lemon, grapefruit, pears

**Choose canned and frozen fruit without added sugar.** Rinse canned fruit to remove sugary syrup.

#### Protein:

Add fresh or canned protein to make a meal

Canned chicken, canned tuna, canned salmon, beef, pork, fish, dried or canned beans, dried or canned lentils, tofu, peanut butter or other nut or seed butter, eggs.

### Follow These Tips to be Healthy and Food Safe at Home:

Always practice good hygiene when preparing, serving, and eating food to stay food safe.

1. Wash your hands with soap and water for 20 seconds before and after you handle food or food packages.
2. Wash fresh produce under running water for 20 seconds.
3. After food is unpacked and put away, sanitize the countertop with soap and water and let it dry.

### Make Physical Activity Part of Every Day:

Take breaks throughout the day to move more. Climb the stairs, take a walk, play an active family game, stretch, lift and carry groceries and laundry, vacuum and mop floors. Just keep moving!



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Staying home doesn't have to be boring. Create a daily plan to help you eat healthfully and stay active while at home! Do one activity from each category each weekday. Check off the boxes as you complete them.



## Put on your chef hat! Check out these healthy snack ideas that you can make at home:

- Healthy Trail Mix:**  
go.umd.edu/healthy-trail-mix
- Breakfast Banana Split:**  
go.umd.edu/banana-split
- Cowboy Caviar:**  
go.umd.edu/caviar
- Pumpkin Oatmeal Energy Bites:**  
go.umd.edu/pumpkin-energy-bites
- Apple Bark:**  
go.umd.edu/apple-bark



## Physical activity ideas:



- Stair challenge:** Run up and down the stairs five times in a row. Do three sets!
- Spell with your body!** Learn movements for each letter of the alphabet and spell words for a family member--see if they can guess what you're spelling!: go.umd.edu/alphabet-activities
- Crab walk** to every room in your house (wash your hands when you're done!).
- Scavenger hunt:** Have a family member hide five objects around your house, such as a stuffed animal, a hat, a book, a toy, and a shoe. See how fast you can find them.
- Hallway Soccer:** Make your hallway your new soccer field. All you need is a soft ball or sock ball and a family member. Score!



## Family meals - Take the challenge!

- Fruit and veggies challenge:** Serve yourself at dinner. Is half your plate filled with fruits and vegetables? How about your other family members? Discuss!
- Pantry challenge:** Work with an adult to find a recipe that uses canned beans and vegetables: go.umd.edu/eatsmart-recipes
- MyPlate plan:** Make a meal that includes all five MyPlate food groups.
- Eat out while eating in:** Pretend your house is a restaurant. Everyone gets a job: head chef, assistant chef, waiter/waitress, hostess, busser. Use your best manners and practice polite conversation.
- Chat session:** Have a conversation at dinner about your favorite summertime activities.



Use weekends to take time to be active together, enjoy the outdoors safely, and join in family meals. Parents! Help your child with fresh ideas each week. **Follow our blog at: [go.umd.edu/covidresources](http://go.umd.edu/covidresources)**

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