

Meal Ideas That Support Social Distancing

Many folks are practicing social distancing to help prevent or slow the spread of COVID-19. This means limiting your interactions with people outside your house as much as possible. Going to the grocery store is a challenge when you're practicing social distancing. By stocking up on a few extra items with a long shelf-life each time you go to the store, you can reduce how frequently you need to go. Having some non-perishables at home is also important in case you become ill and need to isolate for 14 days. When planning your menu for the weeks ahead, include a mix of options that are nutritious, that you can eat if you're not feeling well, and that are delicious and comforting, too. You can still connect with friends and loved ones over food while you're social distancing! Try hosting a virtual dinner party or cook together through a video call.

Breakfast	Lunch	Dinner	Snacks
Toast/wrap with nut butter and banana <ul style="list-style-type: none"> • Swap the banana for an apple, orange or grapefruit for a longer lasting option, or apple sauce for a shelf stable option 	Grilled cheese and chili or soup <ul style="list-style-type: none"> • Stock up on canned soups or make your own with broth cubes, canned legumes, canned tomatoes and frozen veggies 	Curry and rice <ul style="list-style-type: none"> • Keep curry paste and canned coconut milk on hand • Add legumes and frozen veggies 	<ul style="list-style-type: none"> • Buy popcorn kernels to make air popped popcorn in an air popper or on the stove • Granola bars • Apple sauce or fruit canned in juice
Oatmeal with nuts and dried fruit	Sidekicks or Kraft Dinner with tuna and frozen veg	Frozen pizza + frozen veggies on the side	Trail mix
Toast and an omelet with eggs, veggies and cheese <ul style="list-style-type: none"> • Bread and cheese freeze well • Veggies like onions, peppers and zucchini generally last several weeks in the fridge 	Crackers, hummus + trail mix <ul style="list-style-type: none"> • Buy extra hummus and freeze in single serving containers 	Endless pasta possibilities! <ul style="list-style-type: none"> • Try pasta with tomato sauce, lentils and veggies • Greek pasta with chickpeas, canned tomatoes, red onion, olives + feta if you want 	<ul style="list-style-type: none"> • Sweet or savory roasted chickpeas • Pretzels/crackers and hummus • Corn chips and salsa try adding canned black beans and corn
Frozen fruit, granola and yogurt <ul style="list-style-type: none"> • look for yogurt tubs with a longer expiry or buy a shelf stable milk to use instead 	Couscous or quinoa salad with canned legumes + fresh or frozen veggies	Tacos or fajitas with meat or black beans, canned corn, onion, cheese – tortilla shells and cheese both freeze well	<ul style="list-style-type: none"> • Fruit/crackers and nut butter • Muffin – make your own or buy and freeze

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