



*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 to provide information to help our community maintain the safety of us all.

## STAYING SAFE

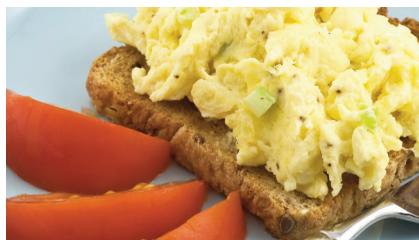
### Eggs are a versatile and inexpensive source of protein.



It is important to handle eggs safely to prevent foodborne illnesses. Raw and undercooked eggs may contain Salmonella bacteria, which may cause an infection in the intestinal tract. Follow these tips when cooking with eggs.

- Use hot, soapy water to clean countertops and utensils touched by raw egg.
- Wash your hands with hot, soapy water for 20 seconds before and after handling raw eggs.
- Eggs should reach a temperature of 165° F when cooked in a microwave.
- Prevent overcooking eggs in the microwave by starting with the shortest cooking time recommended in the recipe. If necessary, add 10 more seconds at a time until the eggs are firm. Fully cooked eggs have a firm white and yolk.
- Any foods made with egg products, like egg salad or mayonnaise, need to be refrigerated. Discard any perishables left out at room temperature for more than 2 hours, unless you're keeping it hot or cold.
- Resist the temptation to eat uncooked cookie dough or batter made with eggs.

## RECIPE AND NUTRITION TIPS



### Is anyone in your family a reluctant breakfast eater?

Eating a healthy breakfast provides the energy and nutrients your body needs to start the day. Power up with this [Easy Egg Sandwich](#) cooked in just 2 minutes. The eggs are packed with protein, the whole-wheat bread or tortillas provide fiber, and the tomatoes add extra flavor and vitamin C. If you don't have a fresh tomato on hand, add a spoonful of salsa to your breakfast sandwich.

Watch this [video](#) and see for yourself how easy this recipe is to make.

## PHYSICAL ACTIVITY TIPS

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### Mix it up with circuit training at home.

Circuit training is a series of exercises targeting specific muscle groups, with minimal rest between each exercise. The circuit may be repeated a few times. These exercises help to build endurance and strength, and your cardiovascular system benefits too! Create a circuit-training workout with these exercises.

**Target your arm and shoulder muscles with triceps dips.** Sit on the floor, bend knees with feet in front. Place hands behind, under shoulders to support your body. Keeping your elbows slightly bent and fingers facing your hips, lift your hips and straighten your arms. Bend your elbows and lower your hips back down until your arms are bent at about 90 degrees. Extend arms and press body back up to complete one repetition. Try 10 triceps dips in a row. For an easier dip, start with your hands firmly on a couch or sturdy chair.

**Work the stomach muscles with abdominal crunches.** Lay on your back with knees bent and feet flat on the floor. Place hands behind your head. Tighten stomach muscles and lift shoulder blades up as far up as you can. Look up and keep your chin off your chest. Lower shoulder blades back to the floor. Repeat crunches 10 times.

**Build cardiovascular strength by walking or jogging in place.** Walk or jog for 30 to 60 seconds, take a break, and repeat. March in place for a low-impact version.

## FOOD ACCESS RESOURCES IN MASSACHUSETTS

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**Use your Supplemental Nutrition Assistance Program (SNAP) benefits to buy fruits and vegetables from a Healthy Incentives Program (HIP) authorized farm or vendor.**

SNAP recipients receive one dollar in SNAP credit for each dollar spent (up to their monthly limit) on eligible fruits and vegetables through HIP. If you are a SNAP household, you will be automatically enrolled in HIP. Learn more about [HIP](#).

**Earn HIP incentives at participating agricultural retailers.** To find local [participating retailers](#) in your area and for more detailed information on this program, visit the [mass.gov](#) website.

**Community-supported agriculture (CSA) farms** are a popular way to buy fresh, local, and seasonal foods directly from the farmer. By becoming a CSA member, families and individuals can receive a weekly basket of produce. Check this [website](#) to find locate farms offering CSA shares with HIP benefits.

### Staying at home due to COVID-19?

Massachusetts residents can now use their #SNAP benefits to buy food online. For more information about this program and using your benefits for buying groceries online at Amazon and Walmart, check this [mass.gov](#) website.