



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



Staying safe while food shopping during the COVID-19 pandemic can be a challenge.

- Prepare a shopping list before going to the store. Purchase only what is needed to last for one to two weeks.
- Most stores require you to wear a mask or face covering while in the store. Avoid touching your face with your hands.
- Maintain social distancing of 6 feet when shopping. Follow any instructions posted in the store.
- Carry hand sanitizer with you and use it before entering and after leaving the store.
- If you are a senior, check to see if your store delivers or has early shopping hours.
- When you get home, wash your hands with warm water and soap for at least 20 seconds and again after you put away your groceries.

RECIPES AND NUTRITION TIPS



Zucchini is a locally grown vegetable that thrives during the summer.

Zucchini bread makes a delicious and healthy snack or dessert. Baking this [Zucchini Bread recipe](#) will be fun for the whole family. For a healthier version, replace half of the vegetable oil with applesauce. Zucchini do not need to be peeled. The peel has many nutrients, such as fiber and vitamin C.

Wondering what else you can do with zucchini? Check out this [video](#) and see how to make zucchini and corn pancakes that can be eaten any time of day. The recipe also shows great tips on how to grate zucchini.

PHYSICAL ACTIVITY TIPS



Let's stretch like a cat.

The "Cat Pose" is a yoga move that stretches back and neck, increases mobility, and helps relax your body. It will also lower your stress level.

1. This pose can be done on the floor. Place a towel or mat down if you don't have a carpet.
2. Start on your hands and knees. Align your knees under your hips and align your wrists under your shoulders.
3. Inhale, pull your belly in, and round your spine. Then, lower your head toward the floor.
4. Exhale and slowly come back to the starting position. Repeat a few times to get a nice stretch.



Gardening can relieve stress. Try growing tomato seedlings from scraps.

1. Choose any type of large tomato. Cut the tomato into ½-inch slices.
2. Take one of the tomatoes slices (slice must contain seeds) and place in a small pot of soil.
3. Completely cover the tomato slice with an additional inch of soil.
4. Place the small pot on a windowsill to get at least six hours of full sunlight every day.
5. Always make sure to keep the soil moist.
6. In approximately two to three weeks, the plant should be several inches tall. Transplant the tomato plant into a gallon-sized pot or outside into the garden. Support the plant stem with a stake as it grows.

REDUCING FOOD WASTE AT HOME



Reduce food waste, save money, and be kind to the environment.

Practice these money-saving planning tips to reduce food waste.

- Make a shopping list and buy just what you need.
- Plan meals for the week. Include meals using leftovers and ingredients you have on hand.
- Buying in bulk can save money but only if you can use the food before it spoils.

Visit the Environmental Protection Agency's web page, [Reducing Wasted Food at Home](#) to learn more about being mindful of the ingredients in your refrigerator and pantry.