GBS Health & Wellness

Nutrition Care & Comfort for COVID-19

Considering the current climate, now is a great time to prioritize and practice self-care.

Nutrition is a key component of self-care in its power to support the immune system, promote improved mental health and clarity, and aid in recovery from illness. Use this resource to healthfully stock the kitchen to nourish the body, mind, and fuel resiliency during this uncertain period of life.

Need ideas on healthy staples to seek out, snacks that keep everyone in the house happy, or recipe inspiration to make nutritious meals easy and delicious? Look no further!

Healthy Staples to Have on Hand

It's good practice to do a pantry, refrigerator and freezer inventory check before rushing to the store to stock up on staples. What is lurking in the corners or hiding in the back can be surprising! After reviewing what is on hand, make a grocery list using our *"Healthy Staples to Have on Hand"* to make the next shopping trip efficient, purposeful, and less overwhelming.

Put those healthful staples to good use and get the family or housemates involved in meal preparation as a shared activity to stay connected. Check out the GBS *"Recipes to Revitalize WFH Lunch & Dinners"* and be sure to try the Slow Cooker Lentil and Pumpkin Chili, Chicken, Veggie, & Quinoa Stir-Fry, and Black Bean Sweet Potato Boats.

Curious about the best way to store food items to maximize freshness and avoid food waste? Use this *Keeping Your Kitchen Sustainable - Food Storage & Safety Guide* as a helpful reference.

Smart Snacking

New routines, more time at home, and an added layer of stress or unease can lead to extra snacking between meals. Scheduling snacks, particularly for kids who would otherwise be at school or in daycare can be helpful to keep the entire family in a routine as well. Snacks should provide an extra energy boost to the body and brain and fill any hunger gaps between meals. If snacks are resulting in energy spikes and crashes or not having an appetite for meals, consider changing their type, amount, or frequency. Check out our *"Smart Snacking"* ideas for snack combinations that offer sustained energy, and a few kid-friendly snack ideas.

Mood Boosting Foods

Daily life stress has a direct impact on heath. Adopting self-care and stress management practices such as deep breathing, meditation, establishing a routine, relaxing, finding humor, and working on enjoyable hobbies is most important during times of stress, anxiety, or general sense of uncertainty. The list below highlights foods and specific nutrients that have been shown to increase mood. Rather than allowing choices around food and what you "should" eat add to your stress levels, use this Mood Boosting Foods Guide to find which foods you can easily add in to support your mood.

Give these Dark Chocolate Coconut Bites and Grilled Salmon Packets a try.

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