

# Simple and Delish: Meal Prep Made Easy



Many people often rely on takeout food, restaurants or food delivery instead of cooking from scratch most days. Here are some quick and easy tips to help you get started cooking at home.

There is a lot of buzz about boosting one's immune system to prevent getting COVID 19. The sad fact is that no food or supplement is going to be able to ward off this virus. Social distancing, social isolation and very good handwashing/personal hygiene are key to keeping you and everyone else safe.

Having said that – eating healthy will help support your immune system to stay healthy and it is also a key component of your self-care. Sleeping well, eating, relaxing and exercising are all key to getting through this pandemic.

**Web Based help** – there is a plethora of on-line cooking channels, web sites, apps to use to learn the basics. Some of our favourites are:

- ♥ [www.Allrecipes.com](http://www.Allrecipes.com)
- ♥ [www.Tasteofhome.com](http://www.Tasteofhome.com)
- ♥ [www.Supercook.com](http://www.Supercook.com)
- ♥ [www.rachelray.com](http://www.rachelray.com)
- ♥ [www.smittenkitchen.com](http://www.smittenkitchen.com)
- ♥ <https://www.ottawapublichealth.ca/en/public-health-topics/cooking-videos.aspx>

## Basic Kitchen Equipment: What You Need

A few good pots, pans, fry pan + a few sharp knives with a cutting board is all you need to start, as long as you have clean hands and clean counter tops.



Four basic food safety principles work together to reduce the risk of foodborne illness — **Clean, Separate, Cook, and Chill.**

Learn more at <https://www.choosemyplate.gov/ten-tips-be-food-safe>

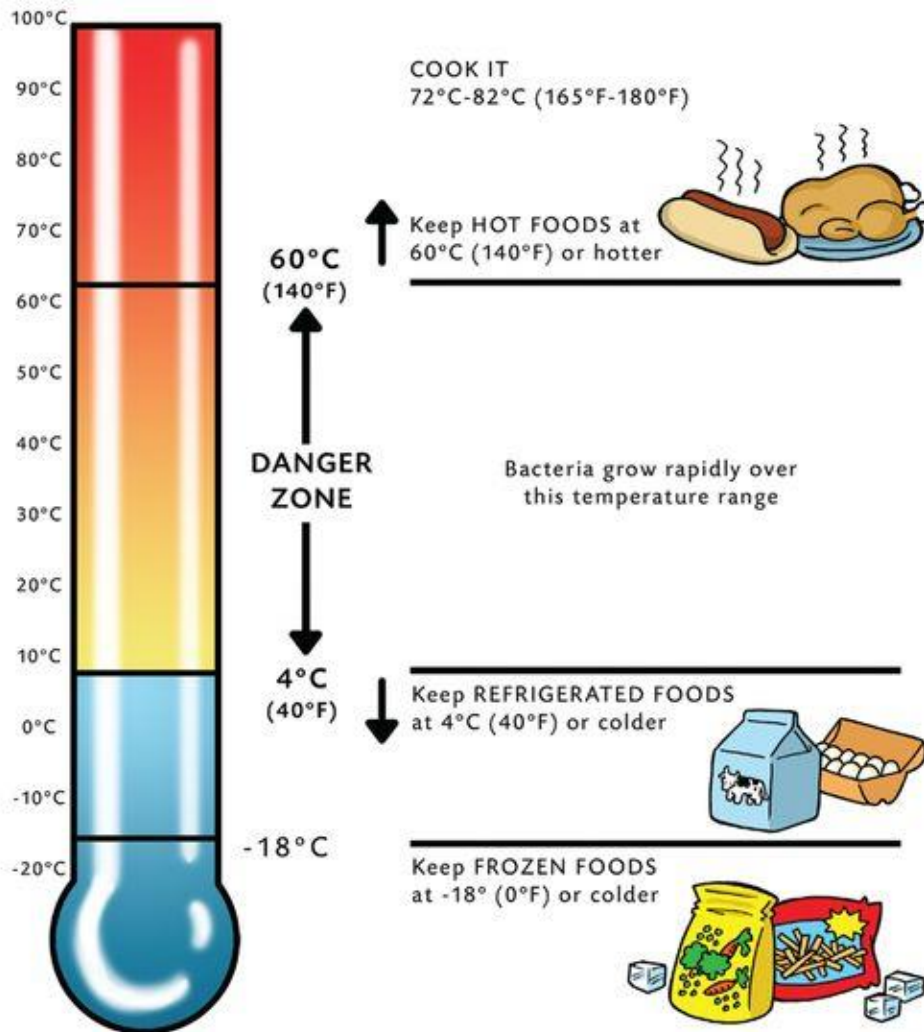
Print off the chart on the next page and post on your fridge for a quick reference



**Primary Care Dietitians' Association**

*Blending the Science of Nutrition and the Art of Food*

# Temperature Danger Zone



Please refer to the *Food Banks Canada Safe Food Handling Standards* for further details

Food Banks  
Canada  
[www.foodbankscanada.ca](http://www.foodbankscanada.ca)  
Toll Free: 1-877-535-0958

 Agriculture and Agri-Food Canada / Agriculture et Agroalimentaire Canada  
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## FRUIT & VEG

- Potatoes
- Sweet potatoes
- Carrots
- Onions
- Turnip/rutabaga
- Winter squash
- Canned vegetables (corn, tomatoes, carrots, peas, etc)
- Shelf-stable soups
- Tomato sauce
- Tomato paste
- Dried seaweed/kelp
- Dried mushrooms
- Canned fruit (peaches, pears, pineapple, etc)
- Applesauce

## GRAINS

- Pasta
- Rice
- Oatmeal
- Quinoa
- Barley
- Bulgur
- Cereal
- Crackers
- Bread products that freeze well



## PROTEIN

- Dried or canned beans, peas, and lentils
- Nuts
- Seeds
- Nut butters
- Frozen meats and poultry
- Frozen or canned fish
- Shellfish
- Dried seafood
- Dried tofu
- Eggs
- Milk
- Powdered milk
- Yogurt
- Cheese

## OTHER ITEMS

- Infant cereal
- Infant formula
- Hydrating foods like ginger ale, juice, jelly powder, freezies, ice pops, and sports drinks in case you don't feel well
- Oils
- Spices
- Broth
- Bottled water if you do not have a safe source of drinking water at home
- Foods for enjoyment like chocolate, cookies, chips, or popcorn



## REMEMBER...

Use up fresh foods first

Read food labels to choose foods with less added salt and sugar

Whole grain foods have more fibre than refined grains

Plant proteins like beans, peas, lentils, nuts, and seeds won't spoil quickly

Buy meat, poultry and fish on sale and freeze it

PRIMARY CARE DIETITIANS ASSOCIATION  
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