

Written by:

Alisha Beckford

222 Lake Drive

Newark, DE 19702

SMART SHOPPING

This institution is an equal opportunity provider. Funded by the USDA Supplemental Nutrition Assistance Program (SNAP).

Tips on how to shop safely and wisely for physical and financial health during the COVID-19 Pandemic:

Make a Grocery List

This will allow you to not only stay in line with your budget, but you can list all the meals and snacks you can make with each to see what items have the most worth.

Less Trips to the Store

Try to shop in a way that you do not hoard one particular product, but do keep enough on hand for 1 to 2 weeks to avoid excessive trips to the grocery store in an effort to practice social distancing.

Sanitizing for Shopping

Per standard COVID advice, **wipe off your cart/basket handles** and dispose before you begin shopping.

Maintain **social distancing** when shopping the aisles and when on line.

- If you need to adjust your mask, be sure to sanitize your hands **FIRST**, adjust your mask, and then sanitize your hands again before touching anything.
- Be sure to sanitize your hands before and after bagging your produce or other fresh food like nuts or baked goods from a case.
- It is not recommended that you wear gloves while grocery shopping, as the purpose of gloves is to dispose of them immediately after touching the contaminated area and before touching a clean surface. If one set of gloves is used the entire time, the level of "cross-contamination" is essentially no different than when you are not wearing gloves.



Last Minute Shopping Tip: If you forgot to make a list, Registered Dietitian Kylie Mitchell created a simple sample guide for shopping last minute called the 54321 method.

This is a modified version and is only a **suggestion**.

5: Snacks limited in sugar, salt, and fat (ex. Whole grain crackers, peanut butter, pretzels)

4: Types of **whole grains**, 4 types of **fruit** (fresh, canned, or frozen), 4 types of **vegetables** (fresh, canned, or frozen), 4 types of lean protein (ex. Lentils, beans, and chicken)

3: Types of dairy or dairy alternative foods (ex. Milk, block cheese, yogurt)

2: Types of Condiments

1. Baking ingredient/Sweet

Choose the amount of each type of food according to your budget and what you know you already have on hand.

Choose My Plate suggests the following tips:

You do not need to fear consuming fresh produce. Follow the standard tip of rinsing your produce before consuming

Making a point to purchase fresh, frozen, and canned produce allows you to avoid the spoilage of excess fresh produce, while avoiding excess trips to the grocery

Fresh Vegetables

Root Vegetables that do not spoil as quickly (sweet potatoes, white potatoes, turnips, carrots. You can also enjoy cabbage, green or red). These foods are generally inexpensive.



Fresh Fruit

Purchase fruit that can stay fresh longer than others such as oranges or clementines, apples and pears.



Grains

Brown Rice

Oats

Whole Wheat Bread

Store Brand Whole Grain Cereals

Whole Wheat Pasta

Whole Wheat Flour

Whole Grain Crackers

Low-salt, low-fat popcorn

Fresh to Frozen

Remember, you can freeze bananas and strawberries for smoothies if you are concerned they are not being used quickly enough.

Frozen and canned fruit can be added to muffins, pancakes, crepes, yogurt parfaits, or grilled to make a sauce.

Can to Plate

Choose canned fruit in 100% fruit juice, or rinse fruit in syrup. Choose vegetables in as little salt and fat as possible.

Protein

Be sure to load up on inexpensive forms of protein.

Black Beans: Chocolate Black Bean Pancakes, Burritos

White Beans & Garbanzo Beans: Homemade Hummus

Dried Lentils: do not require soaking and cook rather quickly, Make lentil and vegetable soups and fritters.

Beans and Lentils provide iron, protein, folate, and fiber.

Ingredients for Grains

You can save money by buying flour and making some recipes on your own. For instance:

No-rise pizza dough: 2 cups all purpose flour, 1.5 cups whole wheat flour, 1.5 cups water, 2 tbsp olive or vegetable oil, 1 tbsp honey, 2 tsp baking powder

Gnocchi (a type of dumpling): 1 cup of cooked, potato flesh + 1/2 cup of flour + 1/2 tsp salt + desired seasoning and sauce

Follow us on:



@FoodBankofDE

Visit our website:

www.fbd.org

Dairy/Dairy Alternatives

If you are concerned about milk freshness, you can purchase dry milk, canned milk, or another type of shelf stable milk.

It may be more cost effective to buy a pint of yogurt instead of individual packets.

You can sweeten plain yogurt on your own or use it as a sour cream replacement.

Oils/Sweets

Try baking your sweets on your own instead of purchasing them .

This will allow you to be more conscious of the ingredients while also being creative.

Overtime, you will save money .

Example: Sweet Potato Brownies

1 cup sweet potato, 1/2 cup peanut butter, 2 tablespoons maple syrup, 1/4 cup unsweetened cocoa, 3 tablespoons chocolate chips.

This institution is an equal opportunity provider.