



## Staying Healthy while Staying Home

Many things have changed with the spread of the coronavirus, but staying healthy by eating right and getting enough physical activity is as important now as ever – and it can be easier than you think! Here's some ideas to keep you moving.

- **ENDURANCE:** Walking, jogging, raking, sweeping, dancing, jump roping, or cycling
- **STRENGTH:** Arm curls and seated rows using weights, water bottles, or cans
- **BALANCE:** Try standing on one leg and extending the other forward, to the side, and behind. Then switch legs and do it on the other side!
- **FLEXIBILITY:** Palm Touch: Bend your knees slightly. Try to touch the floor by bending from the waist, but don't bounce. Hold the position for 10 seconds

## Meal Planning During a Pandemic

### Plan

- **Check what you have at home already.** Look at expiration dates and throw out anything expired. Rotate products so the oldest is in front. Plan your meals around these foods so you make less trips to the store and don't spend money on things you don't need.
- **Make your meal plan with your family's input.** Children are more likely to taste and eat meals they helped plan or prepare.
- **Make a shopping list.** List foods in the order of how the store is laid out so you can quickly get the things you need. Put general things like "fruit" on your list rather than specific fruits that might not be there.

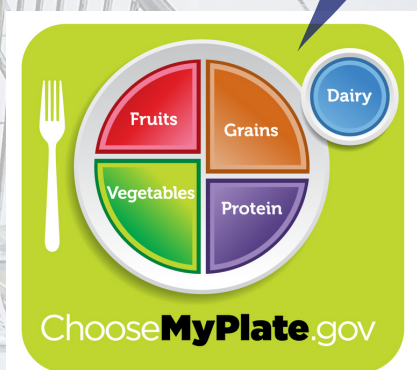
### Purchase

- **Buy only what you can use, and have a plan to use everything you buy.** Buying in bulk is a good way to save money but if you are throwing food away, you are throwing money away!
- **Buy nutritious foods.** Don't waste money on foods that are not going to give your body lots of vitamins, minerals, and fiber.
- **Buying fresh foods.** Focus on produce that will not spoil quickly, such as onions, potatoes, carrots, and apples. When purchasing products such as avocados or mushrooms, have a plan of how you're going to use them right away.
- **Buy shelf stable items.** Fresh, frozen, or canned are healthy options as long as you avoid those with high sugar, salt and fat content.

### Prepare

- **Get creative!** Use leftovers for lunch, add to a new dish, or freeze for later. Remember, a recipe is just a guideline, make substitutions based on what is available. (Check out the stir fry recipe for an example)
- **Try different methods of cooking.** Roasting vegetables brings out their natural sweetness. Soups and stews are a great way to eat a variety of vegetables.

**Remember to use MyPlate as your healthy eating guide!**



**Tip!**

**Plan to eat before shopping to avoid purchasing items off your list!**



# Stir Fry Makeover



**A stir fry is a healthy and low fat way to cook! Use up almost any food that you have on hand like small amounts of leftover meats, and various veggies – fresh, frozen, or canned. Choose your ingredients from each column. Follow the directions below. Make a tasty meal for four!**

## Veggies

2-3 Cups of Any Combination

- Bell Pepper
- Carrot
- Celery
- Mushrooms
- Cauliflower
- Broccoli
- Cabbage
- Green Beans
- Zucchini
- Yellow Squash
- Canned Water Chestnuts



## Protein

Choose One Option Below

- 1 lb. Chicken (boneless, skinless)
- 1 lb. Steak
- 1 lb. Pork
- 14 oz. of Extra Firm Tofu
- 2 cups Frozen Edamame



## Grain

Choose One Option Below

- 1 Cup Dry
- Brown Rice
  - Whole Grain Cous-cous
  - Barley
  - Rice Noodles
  - Whole Wheat Pasta
  - Quinoa



## Sauce

Prepare One Option Below

- Spicy Low-Sodium Soy Sauce
- Peanut Sauce
- Lemon Stir-Fry Sauce



## Optional Flavoring

Choose One Option Below

- Minced Garlic
- 1 Tablespoon Minced Ginger
- 1/2 Teaspoon Dried ginger

### Directions:

1. Cook grains first according to package instructions.
2. Next, heat 1 tablespoon canola oil in a large skillet over medium high heat.
3. Add meat or poultry and cook about 4-6 minutes. Transfer to a plate. If using edamame or tofu, skip to step 4.
4. Add veggies to skillet, starting with the harder ones (green beans, onion, carrots, broccoli, cauliflower), then adding softer ones (zucchini, yellow squash). Keep cooking for about 10 minutes. If using edamame or tofu for protein, add it now and heat through.

5. Add fresh garlic and/or ginger when all veggies are soft. Stir until fragrant, about 15 seconds.

6. Add the sauce you chose to prepare.

- Peanut sauce: Remove skillet from heat and stir in sauce.
- Spicy Low Sodium Soy Sauce or Lemon Stir-Fry Sauce: Add to skillet, bring to a boil, and cook until thickened, about 1-2 minutes.

7. Stir cooked meat or poultry into veggie mixture.

8. Serve over hot cooked grains.

**Peanut Sauce:** In a small bowl, stir together ¼ cup peanut butter, ⅓ cup warm water, ¼ cup low-sodium soy sauce, 2 tablespoons cider vinegar, and 4 teaspoons sugar.

**Spicy Soy Sauce:** In a small bowl, stir together ¼ cup low-sodium soy sauce, 1 tablespoon brown sugar, 1 tablespoon cornstarch, 1 teaspoon minced jalapeno, and ½ teaspoon ground ginger.

**Lemon Stir-Fry Sauce:** In a small bowl, stir together 3 tablespoons lemon juice, 3 tablespoons low-sodium soy sauce, and 2 teaspoons cornstarch.

**Find this and other great recipes at [cookingmatters.org/recipes](http://cookingmatters.org/recipes)**