

SELF-ISOLATING KITCHEN HACKS

➔ Saving the Scraps



Making homemade vegetable broth has never been easier! You can make your own vegetable broth using kitchen scraps. There's little waste and you always have fresh broth on hand for soups, pastas, sauces, and much more! Start by collecting your vegetable scraps in a gallon size bag. Store these scraps in the freeze until the bag is full and then follow the recipe [HERE](#) for a great starter broth!

➔ Plan Out Meals



Keeping a healthy eating routine while working at home can prove to be difficult. Make a plan, and only buy what you need. This way you can avoid food waste and allow others to access the food they need. Do you need quick, fast, and easy? Look [HERE](#) for some new meals.

➔ Bread Alternatives



NUTRITION IS HEALTH

Find more information about Nutrition is Health [HERE](#).

Good nutrition is crucial for health, especially when the immune system might need to fight back. Limited access to fresh foods such as fruits and vegetables may hinder opportunities to continue eating a healthy. It can also potentially lead to an increased consumption of highly processed foods, that are high in fats, sugars and salt. Even with few and limited ingredients in ones household, you can still continue eating a diet that supports good health.

The social distancing associated with the COVID-19 outbreak has new meaning and that many families are spending more time at home, which provides new opportunities to share meals together. Family meals are an important opportunity for parents to be role models for healthy eating. Letting children choose what vegetables to include in your family meal may encourage them to eat more nutritiously. When involving children in cooking, it is important to keep meals simple and to teach children about proper food safety (including hand washing, cleaning surfaces and avoiding consumption of certain raw ingredients).

Trying to stay calm during the COVID-19 outbreak can be difficult, especially if you can't run to the grocery store when needed. Here are some tips to help.

- **Add in another grain.** A balanced meal should be a protein, vegetable, & grain. Add in barley, rice, potatoes, farro, quinoa, or couscous.
- **Use recipes without yeast.** Many bread and dough recipes don't include yeast at all. Try making [Irish Soda Bread](#) or [2-ingredient dough](#).
- **Bake and freeze if you can!** To freeze homemade bread for less than three weeks, wrap it in a bit of plastic wrap, foil, or freezer paper after it has cooled completely and frozen.