Eating Well: Pantry Edition

April 14th, 2020
Welcome!

Moderator: Afia Bediako, MPH
WorkWell NYC

Presenter: Tarsha Gibbons
Gibbons Family Fitness
WorkWell NYC seeks to create workplaces that help our employees live healthy, active lifestyles, and to provide health and well-being services, programs, and resources at the worksite and beyond.
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on.nyc.gov/wellnessanywhere
Today’s Goals

- Review the basics of a healthy plate
- Identify pantry staples to stock up on
- Learn how to maximize boxed, frozen, canned and dried goods
- Discuss how to prepare and preserve food
- Answer your questions on eating well during this unique time
COVID-19 is affecting our mobility and our access to food

BUT, we can see this challenge as an opportunity to:

• Be more deliberate in our food choices
• Establish new healthy eating habits for ourselves and our families
• Be creative with our meals
Focus On Fruits and Veggies

Aim to fill half your plate with fruits and veggies at every meal.
Keep an Eye on Portion Sizes

- **Serving size:** 1 Cup
  - **Visual aid:** Fist
  - **Best for:** Curry, Dal, Rice, Cooked Vegetables, Beans, Tea/Coffee, Cereal, Casseroles, Soups, Fresh fruit, Salads, Sprouts, Popcorn, Yogurt

- **Serving size:** ½ Cup
  - **Visual aid:** Cupped hand
  - **Best for:** Pasta, Potatoes, Pudding, Ice cream, Walnuts, Almonds

- **Serving size:** 3 ounces
  - **Visual aid:** Palm
  - **Best for:** Beef, Chicken, Pork, Poultry, Fish

- **Serving size:** 1 Tablespoon
  - **Visual aid:** Thumb
  - **Best for:** Salad dressing, Peanut butter, Cheese, Cream, Mayonnaise

- **Serving size:** 6 Inches
  - **Visual aid:** Hand
  - **Best for:** Bread, Roti, Paratha, Idli, Pita bread, Pizza, Sandwich, Burger
Stocking Up On Staples
Shopping Smart

Buy fresh foods if/when you can

Choose produce that has a longer shelf-life
  • Vegetables: cabbage, broccoli, Brussels sprouts, cauliflower, root vegetables like carrots and sweet potatoes
  • Fruits: apples, pears, bananas, citrus like oranges and grapefruit

Supplement with boxed, canned, frozen, and dry foods
  • Look for foods with less sugar or sodium
  • Choose whole grain versions when possible
Perishables

- Vegetables
  - Onions, potatoes, root vegetables
- Fruits
  - Apples, bananas, citrus
- Dairy
  - Milk, yogurt, cheese
- Eggs
- Meat
  - Chicken, ground meats
- Sauces
Dry Goods

- Rice
- Pasta
- Oatmeal
- Cereal
- Coffee
- Beans
- Seasonings
- Bread
Pantry Staples
Poll

What’s the best type of food type to have on hand when your trips to the store are limited?

☐ Boxed
☐ Canned
☐ Frozen
☐ Dry

Trick question!
• All are great options
• Do the best you can with what you have
Boxed Foods

Breakfast in a Box

- Pancake mix – just add water!
- Cereal – just add milk!
- Oatmeal – make a big pot at the beginning of the week

* Choose whole grain options when possible
* Add fresh or dried fruit for extra flavor and nutrients
Boxed Foods

Lunch and Dinner:

- Rice – make a big pot to use for different meals
  - Rice and beans
  - Stuffed peppers
  - Chicken and rice soup
- Pasta – add sauce, ground meat, veggies
- Crackers – pair with cheese, tuna, soup, etc
- Vegetable broth – use in soups, stews, stir fries, etc
Canned Foods

Beans
- Tacos
- Rice and beans
- Salads

Diced tomatoes
- Soups
- Pasta
- Tacos

Canned fish
- Tuna salad
- Salmon croquettes
- Added to rice with onions and bell peppers

Vegetables
- Soup
- Stir fries

Pro tip: Look for recipes and serving ideas on the back of cans
Frozen Foods

Vegetables – quick to make, can add to any meal
  • Pasta
  • Ramen
  • Stir fries

Fruits – breakfast or snack
  • Smoothies
  • Baked goods
  • Mix into yogurt

Pizza – easy and quick family meal
Using Meats

Prepare meat using little to no oil
- Bake
- Broil
- Roast
- Steam
- Grill
- Sauté

If you buy in bulk, prepare meat 2 different ways to make multiple meals
- Example: pack of 12 chicken legs
  - Roast 8 with onions
  - Use the other 4 to make chicken soup with potatoes and onions
Dry Foods

Quick snacks

• Dried fruit or nuts – a sweet treat, can add to salads
• Beef or turkey jerky – quick protein-filled snack, look for low-sodium versions

Slow cooking – get out the crockpot or Instapot!

• Steel cut oats – use Instapot or soak overnight and cook in the morning
• Dried beans – soak overnight and then cook on top of the stove or put in the crockpot and cook on low for 6-7 hours
Food Preservation

- The best way to preserve food is with microwave safe containers and zip sealed bags
- Pre-portion your food into meal-sized amounts
- Eat leftovers before preparing a new meal
- Keep food containers in the front/on the top shelf of refrigerator so they are visible
Need More Ideas?

Crowdsourcing

- Ask friends and family
- WorkWell NYC Eat Well Slack page - bit.ly/EatWellSlack

Use the Internet

- Two websites with easy, fun and creative recipes:
  - www.allrecipes.com - very interactive and practical to use
  - www.minimalistbaker.com - has lots of healthy recipes that require 10 ingredients or less and take less than 30 minutes to prepare
- Additional resources for healthy recipes:
  - www.eatright.org/food
  - recipes.heart.org/
  - www.jsyfruitveggies.org/recipes
  - www.choosemyplate.gov/myplatekitchen
Key Things to Remember

• Aim for a balanced diet with a variety of foods
• Keep staple foods on hand to help create a greater variety of meals
• Boxed, canned, frozen and dry foods are your friends
• Use your pantry and plan ahead to Eat Well!
Most of All

• Don’t stress too much about what you are going to eat
• Do the best that you can!
NYC Food Resources

• If you or someone you know needs emergency food assistance, help is available

• Visit nyc.gov/getfood or call 311 for more information on available resources, including:
  • Free meals for all New Yorkers at 400 DOE meal hubs
  • Meal delivery to those who cannot access food on their own
  • Emergency access to SNAP or cash benefits
  • A map of free food resources across the City

• For the most up-to-date information on the City’s response to COVID-19, visit nyc.gov/coronavirus
Questions? Use the chat box on the bottom of your screen.

We want to hear from you! Please fill out a brief survey to share your feedback on today’s presentation at www.surveymonkey.com/r/WWNYCwebinarpantry0420.
Stay in touch with WorkWell NYC:

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- [@workwellnyc](mailto:@workwellnyc)