

## EATING WELL DURING LOCKDOWN

Eating well is important at any time as a healthy diet has been shown help maintain good physical health and mental wellbeing. However the current government COVID-19 rules and guidance can make eating well even more challenging than usual.

Because of this we have put together a list of tips, guidance and frequently as questions to help you and your family stay nutritionally well during this unprecedented time

### Frequently Asked Questions

**Q: Are there any foods that 'boost' our immune system against COVID-19?**

**A:** There is currently no convincing evidence that any food or dietary pattern or supplement can 'boost' our immune system and prevent or treat COVID-19.

You can make your immunity as strong as possible by eating well.

This means eating foods from each of the different coloured food groups (in the picture below) every day.

These can be dried, fresh, frozen or tinned depending on what is available.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Use the interactive guide here for more information about eating healthily:

<http://www.wakefield.gov.uk/sport-health-and-leisure/healthy-living/nutrition>

**Q: Can corona virus be transmitted through food or tap water?**

**A:** No. The European Food Information Council have said, COVID-19 is not likely to be transmitted through food or tap water.

Do follow good hygiene routines when touching and preparing food:

- Wash your hands for 20 seconds with soap before and after preparing or eating food
- Cover your mouth and nose with a tissue or your sleeve when you cough or sneeze and remember to wash your hands after
- Wash fruits and vegetables before eating them
- Disinfect surfaces and objects before and after use
- Keep raw and cooked foods separate to avoid harmful microbes from raw foods spreading to ready-to-eat foods
- Use different utensils/chopping boards for raw and cooked foods to prevent cross-contamination
- Make sure to cook and reheat foods to adequate temperatures ( $\geq 72^{\circ}\text{C}$  for 2 mins)

**Q: Can you catch corona virus from food packaging?**

**A:** The virus causing COVID-19 can survive on surfaces and objects for a limited amount of time. The available evidence suggests this up to about 3 days on hard surfaces like metal or plastic and about 1 day on soft surfaces like cardboard.

Follow these tips to stay safe:

- Wash your hands for 20 seconds with soap and water before and after grocery shopping, unpacking foods, collecting takeaways, and after receiving delivered food
- Keep a safe distance (minimum recommended distances vary from 1 to 2 meters) from other people when shopping
- Don't go shopping if you are sick, where possible, order your groceries online or have some family or friends drop them off
- Avoid touching foods unless you are going to buy them
- Try to limit trips to the supermarket by planning meals, shop at odd hours, use self-checkouts as much as possible and pay through electronic means
- Cover your mouth and nose with a tissue or your sleeve when you cough or sneeze and remember to wash your hands after
- Avoid touching your face, nose and mouth before washing your hands

For more tips and advice on food and covid-19 visit the European Food Information Council website:

<https://www.eufic.org/en/page/food-and-coronavirus-covid-19-what-you-need-to-know>

**Q: I am self-isolating and can't get to the shops. How do I get food?**

**A:** People across the Wakefield district are already being good neighbours and offering to help with things like shopping and collecting medicines. You may have received a card through your letter box with an offer of help.

If you don't have a support network of friends, family or neighbours and you need help, you can get this either through your local community hub or through the Council's helpline.

Community hubs

**Community hubs are local charities with committed volunteers and they can help you.**

Altofts The Brig 0345 8 506 506  
Castleford Queen's Mill 01977 556741  
Airedale Hub 01977 730130/07793 278511  
Eastmoor Eastmoor Community Project St Swithun's Centre 01924 361212  
Horbury Senior Citizens Support Group 01924 565859  
Knottingley Kellingley Club 07951 916738  
Lupset St George's Centre 01924 369631  
Normanton and Featherstone The Well 07872 551640  
Featherstone Community Hub 0345 8 506 506  
Ossett Ossett Community Hub 0345 8 506 506  
Pontefract St Marys Centre 01977 705341

**South East Wakefield**

Kinsley and Fitzwilliam Centre 01977 610931  
Hemsworth Community Hub 0345 8 506 506  
Westfield Centre/South Elmsall 01977 642335  
Ackworth Parish Council,  
Ackworth Churches, and Ackworth School 01977 233600

**Wakefield Central**

Lightwaves Centre 01924 360158  
St Catherine's Church Centre 01924 211130  
Wakefield Rural Havercroft and Ryhill Centre 01226 727824/01226 668999  
Wrenthorpe, Kirkhamgate, Carr Gate  
Wrenthorpe Village Hall 07471 141672

**Wakefield Council Helpline**

The Council has also set up a dedicated phone line that you can call from Monday to Friday 9am-5pm. Call 0345 8 506 506, choose option 3 to make a request for support, and help will be arranged. This will include helping you to link with services provided by voluntary and community organisations and volunteers.

**Q: How can I make fruit and vegetables last a week now I am shopping less often?**

**A:** Some fresh fruits and vegetables are longer lasting. Plan your meals for the week to use softer fruit and salad at the beginning of the week and use these tips to pick longer lasting vegetables for the end of the week. Frozen, tinned and dried fruit and vegetables can be full of goodness and convenient too.

Citrus fruits like oranges, clementines and grapefruit are good options to last longer.

Apples and pears easily last a week. You can put half in the fridge so they ripen more slowly.

Bananas and apples, which can also be cut into smaller pieces and frozen for later or to add to smoothies.

Root vegetables such as carrots, turnips and beets, as well as vegetables like cabbage, broccoli and cauliflower last a good amount of time in a cool place.

Garlic, ginger and onions are also great options to keep at home, as they can be used to add flavour to a variety of meals and last weeks.

## Frozen fruits and vegetables

All frozen fruits such as berries, pineapple and mango are great options, as they still contain high levels of fibre and vitamins and are often less expensive than the fresh versions. These frozen fruits can be added to juices, smoothies or porridge or eaten with low-fat plain yogurt after defrosting.

Frozen vegetables are nutritious, quick to prepare, and eating them can help reach our 5-a-day, even when fresh foods are scarce.

## Dried and canned pulses

Beans, chickpeas, lentils and other pulses are great sources of vegetable protein, fibre, vitamins and minerals. These are also really versatile and can be used for stews, soups, spreads and salads.

## Dried fruits

Last ages in sealed packets and are easy to use as healthy snacks, added to porridge, salads and even main meals.

## Canned fruit and vegetables

Although fresh or frozen vegetables are normally the preferred option, canned fruit and vegetables are good alternatives, to ensure you eat enough fruit and vegetables. They come ready prepared and you can eat foods that are out of season.

Canned fruit: peaches, mandarins, grapefruit, pears, apples, apricots, prunes, berries.

Choose fruit in juice when possible.

Canned vegetables: sweetcorn, mushrooms, spinach, peas, tomatoes and green beans.

Choose vegetables in water or no added salt when possible.

### **Q: Where can I get reliable information on COVID-19 and nutrition?**

For pregnancy, babies and young children:

[British Dietetics Association - COVID-19 / Coronavirus - Advice for the General Public](#)

For good tips on shopping and food choices:

[WHO European Region - Food and nutrition tips during self-quarantine](#)

For more information on COVID-19 and risk of transmission via food:

[European Commission - COVID-19 and food safety Questions and Answers](#)