



## MEAL PLANNING DURING COVID-19

With grocery delivery and store pickup service wait times getting longer and longer, take some time to plan out your meals in the coming weeks.

The Good Food program helps you plan, prepare and enjoy healthy family meals more, while wasting less. With the help of a few tips and tools, saving time, money and food can become a reality, one meal at a time.

**Here's a quick list of some easy Good Food tips to help you eat better, save money and waste less. Think of the possibilities!**



**Plan your meals.** Try planning one or two healthy meals each week with extra leftovers to use for your lunches. This can help you get into the habit of eating better. Planning healthy meals and leftovers can save you time, money and calories in the long run.



**Shop with a list.** By preparing a shopping list, you are less likely to purchase less healthy options on impulse. Stick to the list and buy only what you need. This will help you eat healthy and save money. Try replacing dessert with fresh fruit or salty snacks with nuts or yogurt.



**Get organized.** Set aside some time to organize your pantry and refrigerator to help you take stock of what you have in the house. Build your meal plan around what you already have on hand. This can save you money by not buying things you already have or using up items before they expire or go bad.



**Store properly.** To extend the life of the good healthy foods you've bought, understand where they are best stored. Quick tip: set your vegetable crisper drawer to high humidity and your fruit crisper drawer to low.



**Include your family.** Extra help with planning or cooking means more time to relax. Resting more, eating healthier and connecting with family and friends virtually can reduce your stress.

For more tips on planning, proper food storage and shopping healthier, **visit [york.ca/goodfood](https://york.ca/goodfood).**

Share your own tips for holiday planning on social media using #PlanPrepareEnjoy

Stay informed, visit [york.ca/covid19](https://york.ca/covid19)