

Shop Smart During COVID-19



Now that we are making less trips to the supermarket a healthy shopping list has never been more important. A well planned shopping list will help you stick to your healthy eating plan and help you do your shopping more quickly.



- First things first, check what foods do you have in your cupboards and your freezer. This will save you money by avoiding buying foods that you already have at home.
- Always link your list with the meals you plan to prepare – this takes a little bit more time but it is worth the effort – plan your meals until your next planned shopping date and this will guide your list.
- Use your freezer for frozen foods and also to store shorter life items such as bread and meats.
- Take a photo on your phone of your list – this way you will always have a list with you!
- If you always shop in the same supermarket you could plan your list according to the shop layout – this will save you time.
- Remember the types of food that you throw out **regularly**. Think about how you might reduce this - by buying less, checking to see what you have before you shop or consider if these foods can be frozen?

COVID-19 Shopping Tips

- To protect yourself and others, don't go shopping if unwell and try to reduce how often you go to the shops.
- If possible, only one member of a household should go to the supermarket and spend as little time in the supermarket as possible.
- Wear a face covering and wash your hands regularly (for at least 20 seconds).
- Keep 2 meters between you and other people as much as possible.

Sample food plan and shopping list

	Food plan for the week	Shopping list
Monday	Breakfast: Ready brek Lunch: Turkey sandwich Dinner: Spaghetti Bolognese	Ready brek, low fat milk, turkey slices, wholegrain bread, tomatoes, onions, garlic, peppers, carrots, mushrooms, passata, wholegrain pasta, mince
Tuesday	Breakfast: Boiled egg and toast Lunch: Lentil soup and bread Dinner: Chicken, baked potato, peas	Eggs, tin chopped tomatoes, lentils, peas, chicken breasts, vegetable stock cubes, large potatoes
Wednesday	Breakfast: Porridge and banana Lunch: Wrap with tuna and salad Dinner: Soy salmon, veggies and rice	Porridge oats, Bananas, wraps, tuna, lettuce, low fat mayonnaise, red onion, salmon, soy sauce, wholegrain rice, broccoli
Thursday	Breakfast: Beans on toast Lunch: Pitta bread with ham and salad Dinner: Chicken fajitas	Baked beans, brown wholemeal bread, pitta breads, ham slices, tomatoes, peppers, low-fat grated cheese, chilli powder, vegetable oil
Friday	Breakfast: Bran flakes and a yoghurt Lunch: Greek pasta salad Dinner: Vegetable curry	Bran flakes, yoghurts, cucumber, feta cheese, red wine vinegar, lemon, red curry paste, ginger, lime, butternut squash, low-fat coconut milk, chickpeas
Saturday	Breakfast: Pancakes Lunch: Cheese and onion sandwich Dinner: Fish pie	Flour, fish – cod, herring mackerel or salmon are all suitable, low-fat spread, frozen peas
Sunday	Breakfast: Scrambled eggs on toast Lunch: Potato cakes Dinner: Beef burgers and wedges	Baking powder, scallions, mixed herbs, hamburger buns, cayenne pepper
	Snacks and drinks – remember to include fruit or vegetables with every meal	Crackers, extra fruit – apples, kiwis, pears, popcorn, hummus, no added sugar cordial, tea, coffee

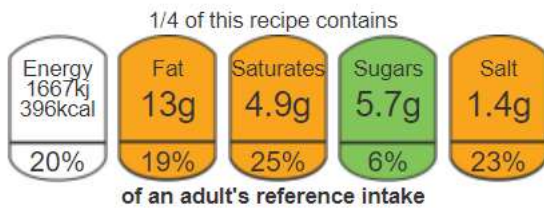
Recipe of the Month: Greek Pasta Salad – A Perfect Summer Lunch and Great with BBQs

Ingredients (Serves 4)

250grams of pasta
 ½ a cucumber, thickly sliced
 200grams of feta cheese
 1 red onion, finely chopped
 125grams of cherry tomatoes, halved
 20 millilitres of olive oil
 1 tablespoon of red wine vinegar
 2 teaspoons of dried oregano
 juice of ½ a lemon

Methods

1. Cook the pasta according to packet instructions
2. Drain and cool under cold water
3. In a small bowl whisk together olive oil, red wine vinegar, lemon juice and dried oregano
4. Place the pasta, cucumber, red onion, tomatoes, crumbled feta cheese and dressing in a bowl and gently mix, then serve



1



Your template food plan and shopping list

	Food plan for the week	Shopping list
Monday	Breakfast: Lunch: Dinner:	
Tuesday	Breakfast: Lunch: Dinner:	
Wednesday	Breakfast: Lunch: Dinner:	
Thursday	Breakfast: Lunch: Dinner:	
Friday	Breakfast: Lunch: Dinner:	
Saturday	Breakfast: Lunch: Dinner:	
Sunday	Breakfast: Lunch: Dinner:	
	Snacks and drinks	

¹ [www.safefood.eu/Recipes/101-Square-Meals-\(PDF\).aspx](http://www.safefood.eu/Recipes/101-Square-Meals-(PDF).aspx)