


<p>建議大家平日儲放一些日常糧食以備不時之需。可根據平常居家食物儲存狀況，飲食喜好來決定食物種類和數量。若需詳情請質詢註冊營養師。</p> 	<p style="text-align: center;"><b>蔬菜水果</b></p> <p>馬鈴薯 番薯/地瓜 紅蘿蔔 洋蔥 蘿蔔/大頭菜 冬瓜 罐頭蔬菜 (玉米·番茄·紅蘿蔔·青豆等) 罐頭湯 番茄醬 番茄汁 乾海帶 乾蘑菇 罐頭水果 (桃·李·菠蘿等) 蘋果醬</p>	<p style="text-align: center;"><b>穀物類</b></p> <p>意大利粉 米飯 燕麥片 藜麥 大麥 乾小麥碎 冷麥片 餅乾 適合冷凍保存的麵包產品</p>
<p style="text-align: center;"><b>蛋白質食物</b></p> <p>乾類或罐頭豆·豌豆及扁豆 堅果·種子·堅果醬 冷凍肉及家禽類 冷凍或罐頭魚 海鮮類·乾海鮮 乾豆腐 雞蛋 鮮奶·奶粉·酸奶 芝士/乳酪</p>	<p style="text-align: center;"><b>其他</b></p> <p>嬰兒穀物·嬰兒配方奶粉 生病時所需的補水產品如姜汁汽水·果汁·果凍粉·冰棒·運動飲料 煮食油 香料 高湯 瓶裝水 (如缺乏安全飲水來源) 消遣小吃如巧克力·曲奇餅·薯片或爆谷/爆米花</p>	<p style="text-align: center;"><b>額外提點</b></p> <ol style="list-style-type: none"> <li>1. 建議大家先使用新鮮食物</li> <li>2. 使用營養標籤來選擇少添加鹽 (鈉) 和糖的食物</li> <li>3. 全穀類食品比精緻穀物含有更多纖維</li> <li>4. 植物性蛋白質食物如豆類·豌豆·扁豆·堅果和種子不容易變質</li> <li>5. 趁減價時購買肉類·家禽類和魚·然後放入冷凍庫</li> </ol>

### 超市購物防疫方法

- 預先整理購物清單縮短購物時間
- 選擇有實踐社交距離措施的超級市場
- 消毒購物車/籃手柄·離開時消毒雙手
- 回家後及放置食物後隨即用洗手液和水清潔雙手
- 千萬不要用肥皂清洗新鮮蔬果·因肥皂殘留有機會引至嘔吐及腹瀉



<p><b>PUT IT AWAY FOR A RAINY DAY</b> It's helpful to keep some staples on hand in case of unforeseen circumstances. You do not need to buy all of these items at once and you should not buy foods you will not use. Ask a registered dietitian for more information</p> 	<p><b><u>FRUIT &amp; VEG</u></b></p> <ul style="list-style-type: none"> <li>• Potatoes</li> <li>• Sweet potatoes</li> <li>• Carrots</li> <li>• Onions</li> <li>• Turnip/rutabaga</li> <li>• Winter squash</li> <li>• Canned vegetables (corn, tomatoes, carrots, peas, etc)</li> <li>• Shelf-stable soups</li> <li>• Tomato sauce</li> <li>• Tomato paste</li> <li>• Dried seaweed/kelp</li> <li>• Dried mushrooms</li> <li>• Canned fruit (peaches, pears, pineapple, etc)</li> <li>• Applesauce</li> </ul>	<p><b><u>GRAINS</u></b></p> <ul style="list-style-type: none"> <li>• Pasta</li> <li>• Rice</li> <li>• Oatmeal</li> <li>• Quinoa</li> <li>• Barley</li> <li>• Bulgur</li> <li>• Cereal</li> <li>• Crackers</li> <li>• Bread products that freeze well</li> </ul>
<p><b><u>PROTEIN</u></b></p> <ul style="list-style-type: none"> <li>• Dried Or canned beans, peas, and lentils</li> <li>• Nuts and seeds</li> <li>• Nut butters</li> <li>• Frozen meats and poultry</li> <li>• Frozen or canned fish</li> <li>• Shellfish</li> <li>• Dried seafood</li> <li>• Dried tofu</li> <li>• Eggs</li> <li>• Milk and powdered milk</li> <li>• Yogurt</li> <li>• Cheese</li> </ul>	<p><b><u>OTHER ITEMS</u></b></p> <ul style="list-style-type: none"> <li>• Infant cereal</li> <li>• Infant formula</li> <li>• Hydrating foods like ginger ale, juice, jelly powder, freezies, ice pops, and sports drinks in case you don't feel well</li> <li>• Oils</li> <li>• Spices</li> <li>• Broth</li> <li>• Bottled water if you do not have a safe sources of drinking water at home</li> <li>• Foods for enjoyment like chocolate, cookies, chips, or popcorn</li> </ul>	<p><b><u>REMEMBER...</u></b></p> <p>Use Up fresh foods first</p> <p>Read food labels to choose foods with less added salt and sugar</p> <p>Whole grain foods have more fibre than refined grains Plant proteins like beans, peas, lentils, nuts, and seeds won't spoil quickly</p> <p>Buy meat, poultry and fish on sale and freeze it</p>

**SAFE GROCERY SHOPPING DURING COVID19**

- Make a list to minimize the amount of time you spend in the store
- Choose a store that is practicing social distancing
- Disinfect you cart handle when entering and you hands when exiting
- Wash your hands with soap and water when you get home and after you put the groceries away
- Do not use soap to wash produce because the residue can cause vomiting or diarrhea

