




The situation we are facing with **COVID-19** is unique. Understandably, the response can be overwhelming and, at times, it may be hard to know what to do to protect ourselves and our loved ones. Measures to protect our population from COVID-19 include making sure people are ready in case the illness spreads largely in our communities.

To help guide our decisions around purchasing and to ensure there is enough food for all in our communities, we have provided some recommendations. This includes information about available **local food banks** services.

1. **Food purchasing** → Try to buy enough to have a 2 weeks supply, in case you and/or your family need to stay in isolation. However, if you already have enough, don't buy extra. It is important to be reasonable.
  - According to the [Ministry of Agriculture, Food and Rural Affairs](#), our food system, including food distribution, is strong and ready to meet the needs of communities across Ontario. This means that there will be enough food for all, at all times.
  - Keeping enough food for 2 weeks also means not needing to visit the grocery store as often. This means stores are less crowded, which can decrease the risk of COVID-19 for everyone, including staff.
  - Not overbuying is also important to make sure there is enough left in the shelves for those who are more vulnerable in our communities. We are talking about older adults, those with limited access to transportation or those who are not able to store large amounts of food.

### **What should I buy?**

Check the list of suggested items below. Take some time to go through your fridge and pantry. See what you have or are missing/running low, before heading to the store. This will also help spend less time at the store.

<p><b>Veggies and fruits</b></p> 	<ul style="list-style-type: none"> <li>• Fresh veggies with a longer shelf life: beets, carrots, parsnips, rutabaga, turnip, potatoes, yams, cabbage, squash, and onions</li> <li>• Frozen and canned vegetables, tomato sauce</li> <li>• Fresh fruit with a longer shelf life: apples, melon, oranges, grapefruit</li> <li>• Frozen and canned fruits, dried fruit, and applesauce</li> </ul>
<p><b>Other longer shelf-life items</b></p> 	<ul style="list-style-type: none"> <li>• Grains like rice, couscous, quinoa, bread (with a longer shelf life), tortillas, pasta, cold dry and hot cereals, bread rusks, crackers. Granola bars.</li> <li>• Canned and dried beans, chickpeas, lentils</li> <li>• Nuts, seeds, nut butters</li> <li>• Baking ingredients: flour, oil, butter or margarine, sugar</li> <li>• Frozen and canned meat and fish</li> <li>• Frozen/canned soup, stews, meals</li> <li>• Yogurt, eggs, hard cheese, non-refrigerated milk and plant-based beverages, milk powder, evaporated milk</li> <li>• Infant formula and meal replacements (if applicable)</li> </ul>
<p><b>Other items</b></p> 	<ul style="list-style-type: none"> <li>• Medications – fill your prescriptions for an extra month, if you can. Make sure you have pain and fever medication (ibuprofen and acetaminophen).</li> <li>• Personal hygiene – toothpaste, hand soap, female hygiene products, tissues, diapers</li> <li>• Cleaning supplies – disinfectant, bleach, laundry detergent, dish soap</li> <li>• Pet food (if needed)</li> </ul>

2. **Donating food** → We would like to remind everyone to please continue to donate to your local food bank, if feasible for you and/or your family.

- Those who are more vulnerable in our communities are hit hard in situations like COVID-19. We are talking about those living in poverty, with unsafe housing conditions or limited access to transportation. In addition, some protective measures can lead to loss of income and increase the number of people who are vulnerable. They continuously need our support.
- Donations beyond food, like cleaning supplies or personal hygiene products, are also welcomed.
- All local food banks remain open and are taking precautions to make sure everyone, from staff to volunteers and clients, is safe while service continues available. We ask for those who need support to call ahead to their local food bank, to make the necessary arrangements. Contacts available below.
- If feasible, please consider also donating your time, if you are not considered “high-risk”. Most local food bank staff and volunteers are older adults and, therefore, at higher risk for COVID-19. Let’s try to help them keeping this important service available without putting anyone at risk.

Salvation Army - New Liskeard	260 Whitewood Avenue Phone: 705-647-4115 Facebook page <a href="#">here</a>  Call on Wednesdays between 10:00 am - 12:00 p.m. to book an appointment. Appointments are scheduled for Wednesdays 1:00 p.m – 2:30 p.m.
Salvation Army - Kirkland Lake	6 Sylvanite Avenue Phone: 705-567-5877 Facebook page <a href="#">here</a> Open by appointment
Haileybury Food Bank	500 Broadway Street Phone: 705-672-2119 Facebook page <a href="#">here</a> Open Thursdays 10 a.m. – 12 p.m.
Cobalt, Coleman and Latchford Food Bank	22 Earle Street Phone: 705-679-1197 Open Wednesday 9 a.m. - 12 p.m.
Englehart Food Bank	65 Sixth Avenue Phone: 705-961-0641 or 705-544-2826 Open Fridays 10 a.m. – 12 p.m.
Temagami Food Bank	7 Lakeshore Road Phone: 705-569-4522 Open by appointment

3. **Preparing food** → Keep preparing food safely, especially if preparing food for others. Main recommendations:

- Ensure you cook food at the right temperature.
- Keep washing your hands as you cook, and before eating.
- Wash your vegetables and fruits, especially if you are eating them raw.
- If sharing food, divide it first and avoid sharing personal items (cutlery, napkins, cups)

4. Last but not least, remember that we are all in this together - **support your family and community**. If you know of someone who cannot access food due to being isolated or high-risk, try to help as you can.

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For more information please contact the Registered Dietitians at the Timiskaming Health Unit:

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