

Coronavirus Communication

Foodbank of Santa Barbara County
Food preparation for shelter in place



Recommendation: Food for 3 days minimum, up to 2 weeks

1. **Water:** 1 gallon per person, per day is recommended
2. **Food items that will last:**
 - Veggies - get a few pickled options, which provide flavor to meals and salads, fiber, phytonutrients, and probiotic bacteria (onions, cucumbers, beets, asparagus, green beans, carrots, etc.) 2 jars would be enough for one person
 - Root veggies - ever heard of a root cellar? In the old days, people would store their root veggies in a cool dry dark cellar to extend their shelf life. You can do this too: potatoes, sweet potato, onions, garlic, ginger, olives, artichoke, beets, carrots, parsnips, turnips, jams, winter squashes with hard skin
 - Yogurts - (not necessarily dairy) this protein and fat source will last for weeks
 - Eggs - boiled egg is a great addition to rice or noodle dishes, stews, salads for protein and essential micronutrients
 - Fruits - dried, without sugar added (e.g. raisins) is the best option. Dried apple rings, dried apricots, raisins, mango, etc.
 - Fresh fruits - for this time frame you can get slow-ripening fruits like green bananas, green avocados, apples, and citrus: oranges, lemons, grapefruit last about a week
 - Nuts, peanut butter, other nut butters - excellent sources of energy, fiber, fats, and vitamins that will keep for this amount. Fill up a bag of trail mix, grab peanut butter to add to fruit or oatmeal or mix with yogurt for a tasty dip or freeze as a healthy dessert
 - Oats (oatmeal) - light weight for having to move/carry, expands in size ($\frac{1}{2}$ cup or 1 cup per morning), fiber, whole grain, B vitamins, complex carbohydrate for energy
 - Option to store cans of coconut milk to enhance flavor of cooked or overnight oats.
 - Option to add coconut shreds and frozen fruit or jam
 - Chia seeds - 10g fiber per 2 TBSP, holds water to keep you hydrated, source of healthy omega-3 fats
 - Honey - a plastic squeeze bottle is lightest weight and cleanest. Honey is a prebiotic that supports very important gut microbes to boost immune system function. It contains vitamins and energy, and it will never spoil! Use a small amount to sweeten.
 - Canned goods - works for this scenario as we don't anticipate needing to lug heavy foods around. No need for canned beans (except maybe refried beans)-

added weight, salt, and waste. Fill a large bag with dry beans. Soak overnight, boil the next day.

- Canned tomatoes or tomato sauces to add to soups, stews, or sauces.
 - Canned veggies are fine too, but not ideal
 - Canned fruit can be high in added sugar. Recommend keeping intake low.
 - Canned meats - we recommend fish like tuna, salmon, anchovies, mackerel, etc. (1-2 servings per week for an adult = 1-2 cans per person per week)
- Whole grains - brown rice, bulgur wheat, farro, quinoa (½ cup-1 cup per person per meal)
 - Comforts like teas and coffee - lightweight, soothing and comforting, and can go a long way/have a long shelf life
 - For the adventurous:
 - Sprouting seeds - you can create a small microgreens garden and have fresh food in 2 days! For those who really need fresh greens, radish seeds sprout rapidly. You can look for “Sprouting radish seed” which will germinate in 2 days. Add to top of meals or salads for sulforaphane boost, flavor, and freshness.

3. If you do get sick:

- Bone broth - Buy a few of these (1 large jar or freezer pack per person per day) in case of illness. This is highly recommended if someone falls ill. Sip throughout the day and you can add powerful antioxidants to support the immune system like garlic, ginger, onions, cayenne pepper, lemon, etc.
- Add a pinch of salt to your water to stay hydrated. Gatorade is high in sugar or sweeteners and Pedialyte is an unnecessary expense for adults. Have a few on hand for children (not generally affected by this virus).

4. Things we do not recommend:

1. Frozen ultra-processed foods - these will be high in sugars, fat, and sodium and low in fiber (pizza, breaded chicken nuggets or tenders, etc.)
2. Canned soups and ramen - high in sodium and ramen is particularly low in nutrition. These are definitely not recommended for a disaster situation where drinking water is limited
3. Soft skin or mushy fruits - peaches, plums, apricots, grapes, pears are not going to last and have a very short shelf life
4. Cheese is a maybe - not too much. It can dry out once opened and doesn't keep well. Hard cheese like parmesan works for adding flavor (and a great source of protein)
5. Meats - meats are not simple in terms of freshness and storage, but can be frozen to make them last. The issues are cooking and waste. Meat requires much more caution in terms of food safety. It generates much more intense smells and fat particles that can linger in the air in your home, which would not be great when fighting off a novel respiratory illness. It also can produce liquid

saturated fat that needs to be drained somewhere other than the drain and there can be excess pieces of fat that need to go in the trash, which can lead to rotting and odors, etc.

6. Chips, breads, crackers, etc. that will go stale once opened
7. Candy and sweets high in sugar are not great for stressful situations. They increase irritability and inflammation in the body