

Food and Fitness



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Building a Supply of Emergency Food

Preparing for enough food in case of emergency is something not everyone does. However, once you are already in a state of emergency, it might be too late to build that stock because others are now trying to get their hands on the essential items too. In the current situation with the coronavirus, the grocery stores are being hit hard and have become low in stock of items such as toilet paper, meats, and other essential foods. With this article, the goal is to go over what is needed for a three-month food supply for one person, and ideas for how to build a small stock with grocery stores in low supply.



The first question to ask is what kind of stock is needed in a particular emergency. Depending on the kind of emergency, can depend on what items you can or cannot keep on hand. For instance, most food supplies are shelf-stable (lists on pages 3-6), meaning the foods do not require to be refrigerated or frozen. One reason emergency food supplies are shelf-stable is because they are gathered prior to an emergency. Emergencies can mean no access to electricity, so the food would need to be able to be eaten with little to no heating or cooking. Luckily, the current state of emergency still allows for the ability to use electricity.

Building a Supply of Emergency Food

(Continued from Page 1)

When gathering a three-month food supply, you must consider all the food groups and water (refer to pages 3-6). When preparing in advanced you can slowly build your stock at a rate that works for you and your budget. The best part about doing it in advance is the stores stay readily stocked with items that you want and carry the healthier versions of self-stable foods. For example, they would have fruit packed in juice instead of syrup and tuna canned in water instead of oil. Also, building your stock before hand doesn't create as much panic and make a huge blow to your monthly budget.



Now, if you have not built up a supply it is not too late. Now for the masses, it is not encouraged for everyone to go out and wipe the shelves clean. In my opinion, with the older Americans, they should be the ones who are purchasing more than usual. For some older Americans, one trip to the grocery store a month can be typical. Whether that is a transportation issue or mobility issue, building a stock after a state of emergency is more important for the older Americans. The younger generations can venture out more frequently. Also, if the older Americans are relying on others for transportation to the store that might not be an option any longer due to the emergency situation. Thus, older Americans should have a priority at the stores.

As far as what kinds of foods to purchase with nothing left on the shelves, that is a hard obstacle to tackle. Eating all food groups can be accomplished with a little creativity. With the coronavirus, foods like meat are low in stock at the store. Take into consideration some of the items others are not purchasing. Find protein in foods like cottage cheese, canned meats, canned or dried beans, nuts, and seeds that might have been overlooked by the impulsive panic buyers. Using a guide or list of items to help navigate the grocery store can aid in getting what you actually need verses panic buying random items that are left and that you may not really want or need. In times of an emergency, it might be harder to choose the healthiest options and being fed is the best option.

A Suggested 3-Month Food Storage Plan

(Amounts for one adult. Multiply as needed for family.)

		Family		
EMERGENCY WATER (2 week supply)		Total	Have	Need
14 gallons or about 4 x 24 ct. cases of 16.9 oz.. Bottles				
GRAINS (75 lbs.)		Total	Have	Need
Wheat, hard	25 lbs. or 4 #10 LDS cans			
Flour, white	15 lbs. or 3 #10 LDS cans			
Rice, white	10 lbs. or 2 #10 LDS cans			
Oats	5 lbs. or 2 #10 LDS cans			
Spaghetti and/or Macaroni	4 lbs. or 1 #10 LDS can			
Pasta, other	4 lbs.			
Corn meal or Masa Harina	1 lb.			
Pancake Mix	2 lb.			
Cold or Instant Cereal (opt.)	6 boxes or 6 lbs.			
SUGAR (15 lbs.)		Total	Have	Need
Sugar, white	10 lbs. or 2 #10 LDS cans			
Sugar, brown	2 lb.			
Sugar, powdered	1 lb.			
Honey	2 lb.			
Corn syrup	4 oz.			
Jam/Jellies	32 oz.			
Jello	6 oz.			
Pudding	6 oz.			
Pancake syrup	32 oz.			
MILK (4 lbs.)		Total	Have	Need
Milk, Nonfat dry	4 lbs. or 1 #10 LDS can			
Evaporated	12 oz. can			
OILS/FATS (6 lbs.)		Total	Have	Need
Cooking oil	3 lbs. or 48 oz.			
Olive oil (shorter shelf life)	8 oz.			
Shortening or powder	1 lb.			
Mayonnaise/Salad dressing	16 oz.			
Peanut or Almond Butter	32 oz.			
Butter, canned	12 oz.			
MEATS (24 lbs.)		Total	Have	Need
Chicken or Turkey	12 - 12 oz. cans			
Beef, Ham, Pork or Spam	12 - 12 oz. cans			
Tuna or Salmon	12 - 6 oz. cans			
TVP, various	2.5 lb. or 40 oz can			
BEANS/LEGUMES (15 lbs.)		Total	Have	Need
Dry Beans, lentils, etc.	5 lbs. or 1#10 LDS can			
Various canned beans	12 – 15 oz. cans			

(Amounts for one adult. Multiply as needed for family.)

		Family		
		Total	Have	Need
FRUIT				
Apple slices	1/4 #10 LDS can			
Applesauce	45 oz. or 3 cans			
Banana chips (opt.)	1/4 #10 can			
Fruit, various etc.	12 - 15 oz. cans			
Raisins or other dried fruit	16 oz.			
VEGETABLES				
Vegetables	12 - 15 oz. cans			
Potatoes flakes	4 lbs. or 2 #10 LDS can			
Green chilies or mushrooms	2 - 4 oz. cans			
Pumpkin	15 oz. can			
Yams	15 oz. can			
Salsa	24 oz.			
Tomatoes, various canned	6 - 15 oz. cans			
Tomato sauce	12 - 8 oz. cans			
Tomato paste	6 - 6 oz. cans			
Spaghetti sauce	26 oz.			
BAKING ITEMS/SPICES				
Baking powder	5 oz.			
Baking soda	4 oz.			
Salt	8 oz.			
Yeast	4 oz.			
Dough enhancer (opt.)	5.25 oz.			
Gluten flour (opt.)	6 oz.			
Eggs, powdered	1/4 #10 can			
Baking cocoa	5 oz.			
Cornstarch	4 oz.			
Lemon juice	4 oz.			
Vinegar	8 oz.			
Bouillon, chicken/beef	4 oz.			
Vanilla	4 oz.			
Spices, various	varies			
Chocolate/Baking chips	12 oz. pkg.			
Onions, dry	4 oz.			
Cooking spray	4 oz.			
Muffin or Corn muffin Mix	1 box			
Brownie mix	1 box			
Cake mix	1 box			
Frosting, prepared	1 cntr.			
Stuffing Mix	1 box			
Potatoes, Scalloped/AuG	2 box			
BEVERAGES				
Fruit drink mix or Tang	1.5 lbs. or 1/4 #10 LDS can			
Hot cocoa	1.5 lbs. or 1/4 #10 LDS can			
Apple/Fruit Juice	3 - 64 oz.			

A Suggested 3-Month Food Storage Plan

(Amounts for one adult. Multiply as needed for family.)

		Family		
		Total	Have	Need
CONDIMENTS				
BBQ sauce	8 oz.			
Ketchup	5 oz.			
Mustard	3 oz.			
Steak sauce	4 oz.			
Chocolate Syrup	6 oz.			
Parmesan Cheese	2 oz.			
Olives	1 can			
Salad dressings, various	16 oz.			
Soy sauce	4 oz.			
Teriyaki sauce	4 oz.			
Worcestershire sauce	4 oz.			
SOUPS/MEALS		Total	Have	Need
Broth, canned	3 – 14.5 oz.			
Macaroni & Cheese	2 boxes			
Ramen noodles	12 pkgs.			
Soup or Chili	6 cans			
Stew or Pasta	6 cans			
Soup, Tomato or other	3 cans			
Soup, cream of mush/chick.	4 cans			
SNACKS		Total	Have	Need
Food bars	24 ea.			
Crackers	3 boxes			
Chips, pretzels, etc.	2 bag			
Popcorn	1 lb. or 6 microwave			
Fruit or applesauce cups	12 - 4 or 6 pk			
Candy	1 lb			
VITAMINS		Total	Have	Need
Multi-vitamin	90 ct.			
INFANTS (adjust as infant ages)		Total	Have	Need
Baby Food	varies			
Formula	varies			
Diapers	varies			
Baby Wipes	varies			
PETS		Total	Have	Need
Pet Food	varies			
Pet Water (14 days)	varies			

#10 LDS can = These items may be purchased and canned at an LDS Home Storage Center.
Go to ProvidentLiving.org for addresses.

A Suggested 3-Month Food Storage Plan

(Amounts for one adult. Multiply as needed for family.)

		Family		
TOILETRIES		Total	Have	Need
Bar or liquid bath soap	3 ea.			
Toilet paper rolls	12 ea.			
Facial tissue	1 ea.			
Feminine items	varies			
Deodorant/antiperspirant	2 ea.			
Razors	3 ea.			
Shampoo & Conditioner	3 - 16 oz.			
Dental Floss	3 ea.			
Toothpaste	1.5 tubes			
Toothbrush	1 ea.			
Lotion	1 - 16 oz.			
Sunscreen	1 - 16 oz.			
PAPER/PLASTICS (emergency use)		Total	Have	Need
Paper towels	1 roll			
Paper plates	200 ct.			
Paper bowls	90 ct.			
Paper cups	90 ct.			
Napkins	90 ct.			
Plastic forks, knives, spoons	90 ct.			
Plastic trash bags, 13 gal	90 ct.			
Plastic trash bags, large	25 ct.			
CLEANING PRODUCTS		Total	Have	Need
Laundry detergent	90 use			
Bleach, liquid (unscented)	1 gal.			
Dish soap, liquid	16 oz.			
Disinfectant (like Lysol)	16 oz.			
Cleanser (like Comet)	1 ea.			

Disclaimer: These are suggested amounts only. This list includes long-term foods to help you get used to using them. The needs of your family could vary greatly as well as your food allergies and medical needs. Please use this only as a guide. You may divide adult amounts in half for small children or count them as adults.

Do Not divide water amounts for children. Never ration water.

Don't Just Exercise Your Body, Work Out Your Brain!

Easter Sudoku

DIRECTIONS: Fill in the grids so that each horizontal row contains each letter exactly once, each vertical column contains each letter exactly once, and each subgrid contains each letter exactly once.



SPROUT

S					T
		O		S	
	T	R	P		
	P				U
					O

BASKET

	B	T			S
	A			B	
			T		K
K		A			
	T	E			

SPRING

		N			
I			R		
				S	
	R		G		I
		I	N		
				G	

DUCKLINGS

	C			U	G	L	
		K	S	L		U	
U		N					I
						K	C
L					K	I	
K		U					S
					C	L	I
C	U	I	K		L	S	
			G		N		U

TULIPS

			U		T
	T	I		S	
	L				
		T	L		
	I			L	S



April 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 April Fool's Day	2 National PB&J Day	3 World Party Day	4 Tell a Lie Day
5 Palm Sunday	6 Sorry Charlie Day	7 Caramel Popcorn Day	8 Zoo Lover's Day	9 Name Yourself Day	10 Good Friday	11 National Submarine Day
12 Easter Sunday	13 Scrabble Day	14 National Pecan Day	15 World Art Day	16 Mushroom Day	17 National Cheeseball Day	18 Husband Appreciation Day
19 National Garlic Day	20 Look Alike Day	21 Kindergarten Day	22 National Jelly Bean Day	23 Lover's Day	24 Arbor Day	25 National DNA Day
26 National Pretzel Day	27 Tell a Story Day	28 Kiss Your Mate Day	29 Greenery Day	30 National Honesty Day		



Monthly Observances

- National Humor Month
- International Guitar Month
- Keep America Beautiful Month
- Lawn and Garden Month
- National Kite Month
- National Poetry Month
- National Pecan Month
- National Welding Month
- Records and Information Management Month
- Stress Awareness Month

Staying Active During the Coronavirus Pandemic

Exercise
is Medicine

AMERICAN COLLEGE
of SPORTS MEDICINE

The coronavirus (COVID-19) pandemic can make it challenging to maintain a physically active lifestyle. COVID-19 is spread by someone sneezing or coughing into the air or onto a surface, and then the virus enters and infects a new person through their mouth, nose or eyes. The most up-to-date information about COVID-19 can be found on the Centers for Disease Control and Prevention (CDC) website: <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

Based on what we know about how the virus moves from one person to another, it is recommended to avoid public gatherings and keep a social distance of 6 feet or more. That, along with advice related to personal care (hand washing, not touching your face) has created concern about exercising in gyms, where hundreds of people are in and out every day.

Those at greatest risk for severe complications of COVID-19 are:

- older adults (age 60 and older)
- people with chronic diseases (such as diabetes, heart disease and lung disease)
- those with compromised immune systems (such as those going through cancer treatment or with HIV)

These individuals should avoid gyms altogether and exercise at home or in their neighborhood.

For all of us, young and old, regular physical activity is important for staying healthy! Compared to just sitting around most of the time, *moderate-intensity physical activity is associated with better immune function*. Regular physical activity can help *reduce your feelings of stress and anxiety* (which many of us may be feeling in the wake of the COVID-19 pandemic).

The Physical Activity Guidelines for Americans recommends 150-300 minutes per week of moderate-intensity aerobic physical activity and 2 sessions per week of muscle strength training. Fit in 2, 5, 10 or 20 minutes, however and wherever you can. Every active minute counts!

On the following page are some strategies to maintain physical activity and fitness.



Stay positive. Stay active. Be smart and safe.

Managing Fears and Anxiety around Coronavirus



As information about Coronavirus unfolds, there can be a wide range of thoughts, feelings and reactions. Below is some helpful information and resources.

Common Reactions

Please recognize that there can be a wide range of reactions and that over the next few days or weeks you may experience periods of:

- Anxiety, worry, panic
- Feeling helplessness
- Social withdrawal
- Difficulty concentrating and sleeping
- Anger
- Hyper-vigilance to your health and body

Ways to Manage Fears & Anxieties

Although Coronavirus is a health issue that is being taken very seriously by the campus and public health authorities worldwide, do not let your worry about this virus control your life. There are many simple and effective ways to manage your fears and anxieties. Many of them are essential ingredients for a healthy lifestyle; adopting them can help improve your overall emotional and physical well-being.

- **Get the facts.** Stay informed with the latest health and campus information through the health advisory at uhs.berkeley.edu/coronavirus. For further information, see the dedicated [CDC website](https://www.cdc.gov).
- **Keep things in perspective.** Limit worry and agitation by lessening the time you spend watching or listening to upsetting media coverage. Although you'll want to keep informed — especially if you have loved ones in affected countries — remember to take a break from watching the news and focus on the things that are positive in your life and things you have control over.
- **Be mindful of your assumptions about others.** Someone who has a cough or a fever does not necessarily have coronavirus. Self-awareness is important in not stigmatizing others in our community.
- **Stay healthy.** Adopting healthy hygienic habits such as washing your hands with soap and water or an alcohol-based hand sanitizer, frequently, and certainly after sneezing or before/after touching your face or a sick person. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Avoid touching your eyes, nose and mouth. Avoid contact with others who are sick and stay home while sick.
- **Keep connected.** Maintaining social networks can help maintain a sense of normalcy, and provide valuable outlets for sharing feelings and relieving stress.
- **Seek additional help.** Individuals who feel an overwhelming worry or anxiety can seek additional professional mental health support.

West Virginia Bureau of Senior Services

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Easter Sudoku

SOLUTIONS



SPROUT

S	R	P	O	U	T
T	U	O	R	S	P
P	O	S	U	T	R
U	T	R	P	O	S
O	P	T	S	R	U
R	S	U	T	P	O

BASKET

E	B	T	K	A	S
S	A	K	E	B	T
A	E	B	T	S	K
T	K	S	A	E	B
K	S	A	B	T	E
B	T	E	S	K	A

TULIPS

L	P	S	U	I	T
U	T	I	P	S	L
I	L	P	S	T	U
S	U	T	L	P	I
T	S	L	I	U	P
P	I	U	T	L	S

SPRING

R	P	N	S	I	G
I	G	S	R	P	N
N	I	G	P	S	R
S	R	P	G	N	I
G	S	I	N	R	P
P	N	R	I	G	S

DUCKLINGS

I	C	S	N	K	U	G	L	D
D	G	K	S	L	I	U	C	N
U	L	N	C	G	D	K	I	S
G	I	D	L	U	S	N	K	C
L	S	C	D	N	K	I	G	U
K	N	U	I	C	G	D	S	L
N	K	G	U	S	C	L	D	I
C	U	I	K	D	L	S	N	G
S	D	L	G	I	N	C	U	K

This newsletter is created by Kathrine J. Clark, MS, RD, LD, Nutrition Consultant to the West Virginia Bureau of Senior Services.