Feeding a Family in Challenging Times

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Tips for grocery shopping

❖ Buy shelf stable items like nut butters, dried beans and lentils and whole wheat pasta.

❖ Select long-lasting produce – veggies that last 2+ weeks

- Brussels sprouts, Beets, Cauliflower, Carrots, Celery, Cucumber, Fennel, Garlic, Onions, Parsnips, Purple Cabbage, Sweet Potatoes, Turnips, Winter Squash and Zucchini.

❖ Stock up on frozen foods like edamame and berries.

❖ Buy (or make) kid-friendly dips
- Hummus
- Greek yogurt dip
- Homemade guacamole
Tips for changing symptoms

❖ Loss of appetite/interest in food:
  - Small frequent bites and sips
  - “Ball Bites”
  - “Screen Fuel”
  - Get creative!

❖ Weight loss
  - Make every bite count!
  - Get creative!

❖ Taste Changes:
  - Spice things up!
  - Funky Flavors!
  - Keep trying!
  - Get creative!
Recipe Links

- Hummus: https://cookieandkate.com/best-hummus-recipe/
- Peanut butter yogurt dip: https://www.twopeasandtheirpod.com/peanut-butter-honey-yogurt-dip/
- Trail mix 101: https://www.freshoffthegrid.com/trail-mix-recipes/
- Smoothies 101: https://www.thespruceeats.com/smoothie-of-the-day-e-course-day-3-2098199
- Popcorn 101: https://www.foodnetwork.com/recipes/articles/50-flavored-popcorn-recipes
- Flavored Water 101: https://www.foodnetwork.com/healthy/packages/healthy-every-week/healthy-tips/12-ways-to-make-water-the-most-delicious-thing-ever