

Food Planning and Resources

During the COVID-19 Public Health Situation

These tips were compiled by students and instructors in the Food Science & Nutrition Program at Allan Hancock College. They are intended to serve as general information, to assist our campus community as we address the evolving public health situation in response to COVID-19 (Coronavirus Disease 2019). For updates and specific guidance, please visit the links below.

Smart Steps to Plan Ahead for Cooking and Eating If You Need to Stay at Home for Up To 2 Weeks

1. Check to see what food and supplies you already have at home.

You can use the following checklist for ideas about what you may want to have available. Think creatively and plan to use what you already have, so food does not go to waste.

2. Keep food safety in mind.

Check your home for spoiled food, dented cans, or food items that have expired and are no longer edible. Throw them out. Clean your refrigerator, freezer, and food storage and preparation areas.

3. Before going out to shop for supplies, make a list of items you need.

Take the list with you, to help you stay focused and avoid purchasing excessive amounts or unnecessary items.

4. Making smart and healthful food choices can be done, even on a small budget.

If you are having difficulty affording basic food and supplies, or if you do not have access to a kitchen, check the websites or contact the Allan Hancock College Basic Needs Initiative and Foodbank of Santa Barbara County for information about food distributions and assistance with basic needs.

5. Take advantage of this opportunity to focus on health and nutrition.

Think about foods and simple recipes that will provide nourishment, and that you will enjoy eating. Search for recipes online. Share your own recipes and cooking tips through social media. We will all learn many new things during this experience, and we can help each other along the way.

Allan Hancock College – COVID-19 Updates <https://www.hancockcollege.edu/covid>

Allan Hancock College – Basic Needs Initiative <https://www.hancockcollege.edu/basicneeds>

Foodbank of Santa Barbara County – Disaster Relief & Preparedness <https://foodbanksbc.org/disasterrelief>

Ready.gov Food – Disaster and Emergency Preparation <https://www.ready.gov/food>

Centers for Disease Control and Prevention – Food, Water, Sanitation, and Hygiene Information for Use Before and After a Disaster or Emergency <https://www.cdc.gov/disasters/foodwater>

Food Preparation Supplies Checklist

Cleaning Supplies

- Hand soap
- Dish soap
- Bleach or sanitizer
- Cleaning cloths
- Scrub brush
- Kitchen towels
- Laundry soap
- Paper towels
- Trash bags
- _____

Basic Cooking Equipment

- Pots, pans
- Forks, spoons, knives
- Plates, bowls, cups
- Food storage containers and/or plastic zip bags
- Cutting board
- Can opener
- _____

Water

Most disaster plans recommend keeping an emergency supply of water. Plan for 1 gallon per person, per day, for at least 3 days. Save this for use only if tap water is not available, or if public health authorities advise using bottled water.

NOTE: This is not expected in the current situation.

Other Essentials

- Medicine
- Pet food
- _____
- _____
- _____
- _____

Fresh Vegetables and Fruits That Do Not Spoil Quickly

- Potatoes
- Sweet potatoes
- Onions, garlic
- Winter squash
- Apples
- Citrus: oranges, tangerines, lemons, etc.
- Green bananas
- Some fresh veggies keep well if refrigerated: bell peppers, cabbage, kale, beets, carrots, celery
- _____

Canned or Frozen Vegetables and Fruits

Read labels and choose foods with little or no added salt or sugar. If possible, buy local produce to use and/or freeze for yourself.

- Diced tomatoes
- Tomato sauce
- Canned beans: garbanzo, black, pinto, refried, etc.
- Frozen corn, green beans, broccoli, or vegetable medleys
- Frozen berries, peaches, or mango
- _____

Refrigerated Foods That Do Not Spoil Quickly

- Yogurt (dairy or plant-based), cheese
- Eggs
- Ketchup, mustard, hot sauce
- _____

Other Canned or Bottled Items

- Peanut butter
- Cooking oil
- Apple cider vinegar
- Honey or maple syrup
- Canned tuna or chicken
- Low-sodium broth or stock
- Shelf-stable milk or calcium-fortified soy milk or almond milk
- Cream of mushroom soup
- 100% Fruit juices
- _____

Dry Goods

- Pasta, Rice, Oatmeal
- Flour
- Sugar
- Baking powder, baking soda
- Salt, pepper, basic spices and herbs
- Dry onion soup mix
- Dry beans
- Fortified whole grain cereal: Shredded Wheat, Kashi, granola, etc.
- Nuts
- Whole grain crackers: Triscuit, AkMak, RyeKrisp
- Protein/energy bars: Lara, Cliff, Kind Bars, etc.
- Grated parmesan cheese
- Dried fruit
- Coffee, tea
- Bread and/or tortillas (use within 1 week or freeze for later use)
- _____



Food Share – Because We Care!

Step-By-Step Soup

Recipe adapted from Good Food on a Tight Budget, by the Environmental Working Group.

Free PDF download available at: <https://www.ewg.org/goodfood>

Meat or Beans	+ Vegetables	+ Whole Grains	+ Seasonings
1 lb. fresh, canned, or frozen/defrosted chicken or turkey <i>and/or</i> 1 lb. cooked or 1 can rinsed and drained beans or lentils	1 large onion, chopped 2 large carrots, chopped 1 large potato, chopped 1 cup fresh or frozen green beans, chopped whatever vegetables you have and need to use up	1 cup brown rice <i>and/or</i> 1 cup barley <i>and/or</i> 1 cup whole wheat pasta	Salt Pepper Herbs Spices Olive or vegetable oil Lemon or lime juice Parsley or cilantro

Steps:

1. In a large pot over medium-high heat, sauté vegetables with 1 tablespoon oil until soft.
2. Add your favorite seasonings to pot. Some suggestions: 1 bay leaf; ½ teaspoon of dried cumin, oregano, rosemary, or thyme; ¼ teaspoon cayenne pepper; and salt and pepper to taste. Stir and cook until you can smell them, less than 5 minutes.
3. Add beans or meat. Brown 3-5 minutes.
4. Add brown rice or barley now, or wait to add pasta later (during the last 15 minutes of cooking).
5. Add enough water or low-sodium (salt) vegetable, beef, or chicken stock to cover ingredients, at least 4 cups.
6. Bring soup to a boil. Reduce heat to low. Partially cover and simmer until the meat or beans are tender, 40 minutes to 1 hour.
7. Check your soup every 10-15 minutes to make sure there is enough liquid in the pot.
8. Before serving, sprinkle parsley or cilantro on top, add a splash of lemon or lime juice, and adjust seasoning to taste.

Tip:

Making soup is a great way to use up foods that are in danger of going bad. Make a big batch, and freeze or store in an airtight container in the refrigerator for later. Use within 1-3 days if refrigerated, and reheat before eating. Enjoy!

Want to learn more?

Check out courses at Allan Hancock College in Food Science & Nutrition, Culinary Arts, and Community Education.

Many thanks to Foodbank Santa Barbara County, ASBG, and the students, faculty, and staff of Allan Hancock College.

Christine Bisson, MS, RD – March, 2020

Here are a few more easy recipes to make with on-hand ingredients, shared by students at Allan Hancock College.

Black Bean and Corn Salad

1 can of black beans
1 can of corn kernels
1 can diced tomatoes
2 tbs of vinegar
½ cup of olive oil
1 tsp garlic powder
1 tsp of onion powder
optional baked tortilla chips

Super easy. Just mix all ingredients and enjoy.

Easy Spaghetti

1 package of spaghetti noodles
1 can or jar of pre-made pasta sauce
1 can of Italian diced tomatoes
grated parmesan cheese and salt and pepper to taste

Cook the noodles as package directs. The best way to up the taste of a jarred pasta sauce is to place the sauce in a pot, add a can of Italian diced tomatoes and heat through. The diced tomatoes will add little more texture. Spoon sauce on to cooked noodles, add salt and pepper and parmesan.

Quick and Easy Meatballs and Gravy

1 pound of ground beef or turkey
1 envelope dry onion soup mix
1 can of cream of mushroom soup
1 and ¾ cups of water
1 package of any noodle of your choice, cooked (I like egg noodles for this.)

Form ground meat into small meatballs and fry in frying pan until brown on all sides. Pour off the fat or liquid and add mushroom soup, water and dry onion soup mix to the pan. Simmer until gravy is thickened. Serve over the noodles and add salt and pepper to taste.

More Recipe Resources

ChooseMyPlate – U.S. Department of Agriculture: MyPlate Kitchen, Recipes, Videos, Resources
<https://www.choosemyplate.gov/myplatekitchen>

Good and Cheap – A cookbook by Leanne Brown. Free PDF download available in English and Spanish
<https://www.leannebrown.com/cookbooks>

Allrecipes – <https://www.allrecipes.com>