SPECTRUM
COMMUNITY SERVICES, INC.

Food for Thought

Nutrition Education

Grocery Pick-Up and Delivery

If you have access to the Internet and can shop online, several grocery stores and grocery delivery services are offering free delivery or reduced fees for seniors. You can also order online and pick up if you're still driving or have a caregiver who can do this for you. Stores you can order from include:

- Target (pick-up)
- Safeway (delivery and pick-up)
- Nob Hill/Raley's (delivery and pick-up)
- Amazon Fresh (delivery)
- Imperfect Foods (delivery)
- Good Eggs (delivery)

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Source: https://www.sfgate.com/bayarea/article/seniors-only-shopping-groceries-bay-area-15137311.php

May 2020

Food Accessibility and Recommendations During COVID-19

With the shelter-in-place requirements and increased risk of COVID-19 for people over 60, access to healthy food can be difficult. Spectrum is providing balanced healthy meals prepared by SOS Meals on Wheels. For those who are also shopping for themselves, we'd like to offer some advice for more ways to access healthy food.

Senior Shopping Hours While it's not recommended for seniors to be out in public at this time, **if you have to grocery shop seek out stores that have senior shopping hours.** These special shopping times reduce the number of people shopping at one time and limit exposure to individuals that could put you at a greater risk.

What to Buy Shop for foods that are affordable and will last for months in your fridge, freezer or pantry.

Canned foods: Look for low sodium canned items including beans, vegetables, tomatoes, chili, soup, and meats such as tuna, salmon and chicken. These won't go bad and they're either ready to eat or simple to heat up and mix with grains like pasta and rice.

Frozen foods: Frozen fruits and vegetables will last for up to a year in your freezer and can quickly give your breakfasts and dinners a boost of vitamins, minerals and fiber.

Dry goods: Rice, pasta, beans, oatmeal and other grains will also last for 6 months to a year when stored properly.