

## *Making food work for you this COVID season!*

### **Keeping your food bill cheap, delicious and nutritious:**

The following foods are options to keep in your pantry that are cost-effective and mean you have something in the kitchen to make always! All that's left to do is tailor to your dietary needs and taste preferences.

Food staples to keep your meal options open:

- Grains → Pasta, rice, noodles, couscous, pearled barley, wraps, oats, rice paper, lasagne sheets, corn chips.
- Long-life foods (canned/jar) → diced tomatoes, tomato paste, pesto, lentils, beans (all and any types), curry paste, nori sheets, canned tuna.
- Sauces/oils → soy sauce, Worcestershire sauce, extra virgin olive oil, balsamic vinegar.
- What's in the fridge? → eggs, tofu, minced garlic, minced ginger, hoisin sauce, cheese, milk (whatever type floats your boat, just make sure if it is plant based it is fortified with calcium)
- Freezer → a mince (e.g. beef, pork, chicken), cut of chicken (e.g. breast or thigh), bacon, bag of fish fillets or seafood\*, frozen veggies (e.g. peas, corn, broccoli, cauliflower, edamame), frozen fruit (e.g. raspberries, banana, blueberries, whatever ones you like!), pastry sheets.

\*You can buy bags of fish fillets, e.g. salmon, that are expensive to buy outright ~\$30, but contain about 10 fillets and are perfect for a last-minute dinner.

These staples form the basis for heaps of quick and easy meals:

- Pasta based dishes → Spaghetti Bolognese (add canned lentils in for extra volume and nutrition), lasagne, pesto pasta, carbonara, pasta salad, tuna/salmon pasta bake, pasta, whatever is in the fridge pasta bake.
- Mexican → Nachos, fajitas, burrito bowl.
- Asian → Curries, stir fries, rice paper roles, sushi, fried rice.
- Other → Salmon (or fish fillet) rice and veggies, risotto, san choy bow, quiche, pies, frittata.

Google any of those names above and recipes will pop up. All recipes are just a guide, if it says broccoli and capsicum and you only have mushrooms and beetroot just work with what you got! (taste.com.au has a good wide range of recipes.

Examples of fun YouTube cooking channels for learning and inspiration:

- Binging with Babish <https://www.youtube.com/user/bgfilms>
- Alex "French Guy Cooking" <https://www.youtube.com/user/FrenchGuyCooking>
- Bon Appetit <https://www.youtube.com/user/BonAppetitDotCom>

### Tips for keeping a healthy relationship with food:

Everyone is different, your body may experience changes during this stressful COVID time, this is okay! Practice having compassion for yourself. If you are concerned about your relationship to food see the end of this resource to get in contact with an Accredited Practising Dietitian who can help you.

- Keep regular meals → Even though you are at home all day try to keep a regular meal pattern. Making sure you are fuelling your body over the day. This can look like having a planned midday break for lunch, or listening to your body to wait and see when it is feeling hungry.
- Listen in to your body → your activity levels and day to day activities may have changed (up or down) with isolation. Your hunger levels will be different day to day, this is completely normal!
- Emotional eating → Food is a coping tool during emotional times, this is completely normal. Food is yum, full of memories and can remind us of good times.
  - If you feel like food is your only or go too coping too, head to the bottom of this resource to get in touch to talk about how you can work on this.
  - If you feel out of control around food, head to the bottom to get in touch about how you can work on this.
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Further resources, social media handles, websites for support with your food relationship:

Websites:

- <https://thebutterflyfoundation.org.au/>
- <https://www.headspace.com/>
- <https://www.lifeline.org.au/>
- <https://haesaustraliainc.wildapricot.org/>
- <https://www.themindfuldietitian.com.au/>
- <http://bodypositiveaustralia.com.au/>

Instagram:

- Laura Thomas (Nutritionist): laurathomasphd
- Megan Bray (Dietitian): meganbray\_dietitian
- The Butterfly Foundation: thebutterflyfoundation
- Ashlee Bennett: bodyimage\_therapist
- Fiona Sutherland (Dietitian): themindfuldietitian

Podcasts:

- The Mindful Dietitian with Fiona Sutherland
- Don't Salt My Game with Laura Thomas

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#### Book in to see me:

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