This newsletter is coming to you from the University of Rhode Island SNAP-Ed, a program which focuses on helping people in Rhode Island eat healthy on a budget. This month, we are covering the truth behind food-related COVID-19 myths and providing resources to keep you updated and healthy during this challenging time. To receive the latest news from Rhode Island’s coronavirus response at https://lp.constantcontactpages.com/su/IT8vl9m.

**FACT OR MYTH?**

**Do I need to disinfect my groceries?**
The Center of Disease Control has confirmed the biggest risk when grocery shopping is being close to other people, rather than getting the virus from touching the same surfaces as others. Some disinfectants may actually be harmful for your food! Instead, it is better to focus on good hand hygiene before and after entering the store, avoid touching your face or mask and avoid crowds.

**Do I need to wash my fruits and vegetables?**
You should always wash your fruits and vegetables, but do not need to do anything different than usual. Most fruits and vegetables can be washed in running water. For root vegetables, a veggie brush can be helpful to remove dirt.

**Does freezing food kill the virus?**
Freezing food will not kill the virus. But, if you wash your hands often, it is unlikely to get the virus from food.

**Does eating certain foods prevent or treat COVID-19?**
Some people have reported that eating certain foods, such as garlic, can prevent or treat COVID-19. This is NOT true. There are no foods or supplements that can prevent or treat this virus.

**What is the link between the foods you eat and getting sick?**
While there are no foods that will treat or prevent COVID, eating a variety of fruits, vegetables, whole grains, lean protein and low-fat dairy can help keep your immune system healthy and strong.

While we may not be doing education in the community right now, we are doing what we can from a distance! Please call our hotline at 1-877-366-3874, visit uri.edu/snaped or follow us on social media for more family-friendly recipes and information.

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CRUSH COVID-19 is a free, mobile app available for download on your smartphone. Read below to learn what kind of information you can access!

- **Resources** Information on delivery services while in quarantine or isolation, school and childcare updates, and resources for undocumented immigrants.
- **Testing** Learn about testing options.
- **Symptom Checker** A quick survey that asks you to self-report any symptoms you have to assess personal risk. You may also enter your zip code to learn if the Department of Health should expand access to testing in your area.
- **Location Diary** This is an optional feature where you can keep track of where you have been and who you have been in contact with.
BARLEY VEGGIE SALAD

**INGREDIENTS:**
- ½ cup dry pearled barley
- 2 cups fresh spinach leaves
- 1 cup chopped tomatoes
- 2 cups chopped bell peppers
- 1 cup corn kernels (fresh, frozen, or canned)
- ¼ cup olive oil
- 2 tablespoons balsamic vinegar
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons chopped fresh basil

**DIRECTIONS:**
1) Bring 1 ¹⁄  cup of water to a boil in a large pan. Add barley, cover and reduce heat to low. Simmer until all of the water is absorbed (35-50 minutes). Transfer barley to a large bowl and cool in the refrigerator.
2) Once barley is cool, mix in spinach, tomatoes, peppers, and corn.
3) In a small bowl, mix olive oil, balsamic vinegar, salt, pepper, and basil.
4) Pour the dressing over barley mixture. Cover and chill until serving.

**Nutrition Facts**

- **Serving size:** 3/4 cup
- **Calories:** 150
- **Total Fat:** 7g (9%)
- **Saturated Fat:** 1g (5%)
- **Trans Fat:** 0g
- **Cholesterol:** 0mg (0%)
- **Sodium:** 180mg (8%)
- **Total Carbohydrate:** 19g (7%)
- **Dietary Fiber:** 4g (14%)
- **Total Sugars:** 4g
- **Includes 0g Added Sugars**
- **Protein:** 3g

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Prep time:** 1 hour  
**Cook time:** 50 minutes  
**Servings per recipe:** 8  
**Cost:** $4.86 per recipe, $0.61 per serving

Eating a **variety of foods** will keep your body healthy and strong. Follow this recipe for a delicious meal!

This recipe uses **pearled barley**, found in the grains group. While pearled barley is not a 100% whole grain, it is still a healthy choice. Pearled barley is a good source of fiber, which helps you stay full longer.

This recipe uses vegetables such as **spinach**, **tomatoes, corn, and bell peppers**. The vitamins and minerals found in vegetables help you stay healthy and avoid getting sick. Aim to get at least 3 cups a day!

This recipe uses **basil** for seasoning. Herbs, such as basil, give your dish extra flavor without having to add salt. For best flavor and quality, it is best to add this herb last when cooking at home.

Did you notice this recipe is missing **fruits**, **protein** and **dairy**? No problem! Try adding in chopped **avocado** for a creamy topping, **chickpeas** for a surprising nutty flavor, and lastly sprinkle **low-fat cheese** to make this a complete MyPlate meal.