

URI SNAP-ED NUTRITION NEWSLETTER



COVID-19 MYTHS VERSUS FACTS

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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Technology Spotlight:

CRUSH COVID-19

CRUSH COVID-19 is a free, mobile app available for download on your smart phone. 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

Prep time: 1 hour **Serving size:** 3/4 cup
Cook time: 50 minutes **Cost:** \$4.86 per recipe,
Servings per recipe: 8 \$0.61 per serving

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 1/2 cups 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.



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.

Nutrition Facts

8 servings per container	
Serving size	3/4 cup
Amount per serving	
Calories	150
	% Daily Value*
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	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 1mg	6%
Potassium 181mg	4%

*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.