



Keeping up with healthy food: Conoravirus (COVID-19)

Getting healthy food is important to maintaining a healthy routine, especially during the challenges brought on by the COVID-19 pandemic. The good news—there are resources, people and helpful tips that can guide and support you during this time.

The overall food supply is strong

Currently, essentials like toilet paper, cleaning wipes, fresh fruits and vegetables, meats and bottled water have been decreasing on store shelves as many people have started to buy more than they may need for a given time frame.

But large retailers are stocking shelves every day and continue to manage their inventories. Transportation and food supply have not halted, and with colleges, schools and restaurants temporarily closed, food and other supplies are being rerouted to retailers so shoppers can have increased access.

In fact, the chief operating officer of Costco recently said, “Our stores are getting stocked every day. Our suppliers are working around the clock and the flow of goods is strong.”¹

Senior-only shopping hours

Many grocery retailers have begun “senior-only shopping” time frames—typically in the early morning—exclusively for seniors 65 and older, people with disabilities and people who are pregnant (this may vary based on store). This allows people that may be at a higher risk to shop with smaller crowds and a broader inventory. Check with your local stores for these set-aside hours.

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Tips for in-store grocery shopping

- Consider shopping at smaller stores that are not chains as they may have more inventory.
- Get less expensive cuts of meat that may be in stock and are great to use in casseroles, soups, stews, burritos, etc.—for bigger meals with lots of leftovers.
- In place of meat, you can try beans, legumes, eggs, and canned and frozen fish—less expensive but nutritious sources of protein that can be used in many ways. Also, canned fish does not require refrigeration.
- If fresh fruits, vegetables and meats are available, many of those items can be frozen to use for future meals.
- If fresh vegetables are limited, try canned vegetables and beans. Properly rinse and drain them before cooking.
- Frozen fruits, berries and vegetables are usually just as nutritious as their fresh counterparts. They are available year-round and are often sold in large bags.
- Canned fruit packed in water or its own juice is an option if fresh fruit is not available.
- Powdered milk and/or evaporated canned milk (not sweetened condensed milk) are lower cost alternatives to dairy-based milk. Simply add the amount of water that is recommended on the package or can.



Nutrition and help with preparing meals

- To help you get the nutrition you need, consider eating a variety of fruits, vegetables, whole grains, lean proteins and low-fat/fat-free dairy or dairy-free options.
- If you are on a special diet from your doctor or care team, follow that diet as closely as you can.
- If you have one, use a slow cooker or pressure cooker to prepare soups, stews and other mixed dishes, which may provide leftovers for more than one day.
- Frequently wash your hands before and after meal preparation and eating.
- Keep foods at proper temperatures before and during cooking and when they are stored after a meal.
- When preparing meals, keep vegetables separate from raw meats, poultry and fish.
- Throw away foods and beverages if dates have expired.



Grocery and restaurant pick-up and delivery options

For people who need and want to remain in-home, consider these convenient options for shopping your local groceries and restaurants:

Grocery: Use an online grocery delivery service, which allows you to shop online from local groceries, superstores and pet stores in your area, and have the products delivered right to your door.

Restaurants:

- Use an online restaurant delivery service, which delivers you food from local restaurants that are still open with pick-up or drive-thru options.
- Many local restaurants are also offering pick-up or “no-contact delivery” of food or bulk meals, which allow you to support local businesses and still practice healthy social distancing.
- Try to order food that meets your special diet and includes nutritious items. If your doctor or care team has suggested a low-salt and/or low-fat diet, ask the restaurant how foods are prepared and if specific seasonings can be used in smaller amounts.



Additional helpful tips for eating on a budget

USDA ChooseMyPlate: Healthy Eating on a Budget

Tips, tools and information for meal and grocery planning, shopping the aisles, preparing healthy meals, and more.

www.choosemyplate.gov/eathealthy/budget

Academy of Nutrition and Dietetics: Eat Right

Food fact sheets on nutrition, planning and prepping meals, vitamins and supplements, resources and more.

www.eatright.org/food

FoodSafety.gov: 4 Steps to Food Safety

Steps and guidance on the four simple steps to help keep your family safe from food poisoning at home.

www.foodsafety.gov/keep-food-safe/4-steps-to-food-safety

Food support and assistance

For additional support on food assistance and meal delivery, connect with the organizations below.

Your medical insurance

Some health plans may be providing eligible members with food resources, including meal delivery. Call the number on the back of your medical insurance ID card to see what benefits may be available.

Feeding America Affiliate Food Bank

Connects you with the local food banks in your area, providing information on the food pantries and feeding programs nearest you. Resources and requirements vary by food bank.

www.feedingamerica.org/find-your-local-foodbank

Supplemental Nutrition Assistance Program (SNAP)

(Formerly known as food stamps)

Money to purchase food at grocery stores, farmers markets and other retailers. The average benefit is about \$127 per month per person. Your household must meet certain requirements to be eligible.

www.fns.usda.gov/snap

Women, Infants and Children (WIC) Program

Money to purchase certain healthy foods for pregnant, postpartum and breastfeeding women, as well as infants and children under the age of 5. Nutrition education and breastfeeding support is also provided.

www.fns.usda.gov/wic

Eldercare and Area Agencies on Aging

Addresses the needs and concerns of seniors at the regional and local levels, including nutrition challenges, offering support like home-delivered meals.

www.eldercare.acl.gov

1-800-677-1116 (TTY: 711),

Monday – Friday, 9 a.m. – 8 p.m., Eastern time

Meals on Wheels

Provides free or low-cost home-delivered meals to seniors. Focuses on caring for individuals whose diminished mobility makes it difficult to shop for food, prepare meals or socialize with others.

www.mealsonwheelsamerica.org

211 Helpline

Provides community information and referrals to social services for everyday needs and in times of crisis, including nutrition support. Calls are free and confidential.

www.helplinecenter.org

Dial 211 from any phone

Learn more about COVID-19

For more information, go to [Humana.com/coronavirus](https://www.humana.com/coronavirus) or [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus).

Reference

¹www.nytimes.com/2020/03/15/business/coronavirus-food-shortages.html

This information is provided for educational purposes only. It is not to be used for medical advice, diagnosis or treatment. Consult your healthcare provider if you have questions or concerns. Consult your doctor before beginning any new diet or exercise regimen.

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Important!

At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender identity, or religion. Discrimination is against the law. Humana and its subsidiaries comply with applicable Federal Civil Rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance:
Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618
If you need help filing a grievance, call **1-877-320-1235** or if you use a **TTY**, call **711**.
- You can also file a civil rights complaint with the **U.S. Department of Health and Human Services**, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at **<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>**, or by mail or phone at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **1-800-368-1019, 800-537-7697 (TDD)**.

Complaint forms are available at **<https://www.hhs.gov/ocr/office/file/index.html>**.

Auxiliary aids and services, free of charge, are available to you.

1-877-320-1235 (TTY: 711)

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

Language assistance services, free of charge, are available to you.

1-877-320-1235 (TTY: 711)

Español (Spanish): Llame al número arriba indicado para recibir servicios gratuitos de asistencia lingüística.

繁體中文 (Chinese): 撥打上面的電話號碼即可獲得免費語言援助服務。

Tiếng Việt (Vietnamese): Xin gọi số điện thoại trên đây để nhận được các dịch vụ hỗ trợ ngôn ngữ miễn phí.

한국어 (Korean): 무료 언어 지원 서비스를 받으려면 위의 번호로 전화하십시오.

Tagalog (Tagalog – Filipino): Tawagan ang numero sa itaas upang makatanggap ng mga serbisyo ng tulong sa wika nang walang bayad.

Русский (Russian): Позвоните по номеру, указанному выше, чтобы получить бесплатные услуги перевода.

Kreyòl Ayisyen (French Creole): Rele nimewo ki pi wo la a, pou resevwa sèvis èd pou lang ki gratis.

Français (French): Appelez le numéro ci-dessus pour recevoir gratuitement des services d'aide linguistique.

Polski (Polish): Aby skorzystać z bezpłatnej pomocy językowej, proszę zadzwonić pod wyżej podany numer.

Português (Portuguese): Ligue para o número acima indicado para receber serviços linguísticos, grátis.

Italiano (Italian): Chiamare il numero sopra per ricevere servizi di assistenza linguistica gratuiti.

Deutsch (German): Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

日本語 (Japanese): 無料の言語支援サービスをご要望の場合は、上記の番号までお電話ください。

فارسی (Farsi)

برای دریافت تسهیلات زبانی بصورت رایگان با شماره فوق تماس بگیرید.

Diné Bizaad (Navajo): Wóda'í beésh bee hani'í bee wolta'ígíí bich'í' hódíílnih éí bee t'áá jiik'eh saad bee áká'ánída'áwo'déé nika'adoowoł.

العربية (Arabic)

الرجاء الاتصال بالرقم المبين أعلاه للحصول على خدمات مجانية للمساعدة بلغتك