

Keeping well during COVID-19: Information for older people

During the Coronavirus (COVID-19) outbreak people are limiting social interactions. Although there is plenty of food available for everyone, some people may find it hard to get access to food. Here is some information that may be helpful:

Dedicated shopping times. Anyone over 70 who has been advised to cocoon you can provide the times to your family members, friends, neighbours or carers who can help you get the food shop in.

Tesco	Priority shopping hours for older people Monday, Wednesday, Friday up to 9 am
Dunnes	Priority shopping hours for carers or anyone who is shopping on behalf of their elderly parents or neighbours people 11am-1pm every day. These hours continue to be priority shopping hours for e.g. 60 to 70.
SuperValu	Check local stores for opening times. They offer support for elderly and can help you get your food shopping at this time by joining forces with Centra and the GAA.
Lidl	Priority shopping hours for older people 9-11am every day.
Aldi	Priority shopping hours for older people 11am-1pm every day
M&S	Mondays and Thursday first hour of trading for older people.
Iceland	Priority shopping hours for older people 8-9am

Meal and Food Delivery services

- Meal on Wheels is a service that provides a warm cooked meal to your home at a reasonable cost. This may be available in your area. Ask your local health centre, public health nurse or search online for more information.
- You may be able to give a shopping list to family, friend or neighbours to pick up your food shopping.
- If you use the internet you can order shopping online for delivery from SuperValu or Tesco.
- If you need practical support getting food, you can call the ALONE helpline on **0818 222 024**.
- You can also contact your local community gardaí for assistance or your local authority who can help you get your food shopping in.

Supplements

- Eating a variety of foods helps our body to get all the nutrients it needs to support a healthy immune system. There are no food supplements that are “Covid 19 protective” or that can rapidly boost our immune systems against the virus
- We are now indoors more than ever. As we normally get Vitamin D from the sun, it’s a good idea to take a Vitamin D supplement (10ug). You can get one from a pharmacy or a supermarket.

Poor appetite

- This is a worrying time for everybody, which can sometimes make people lose their interest in food. It may help to eat small amounts more often if you don’t feel like having large meals. Find more information on managing when you have a poor appetite:

<https://www.hse.ie/eng/services/list/2/primarycare/community-funded-schemes/nutrition-supports/public/>.