



Keeping well during COVID-19: Information for older people

Having your cupboard stocked with non-perishable food and drinks is a big help if you can't get out to the shops. Choose products that have a long shelf life but please check the best before and use by dates before use. See the table below for some ideas of foods to keep at home

For the cupboard	For the freezer
<p><u>Cereals</u>: Porridge, Weetabix, Cornflakes, Muesli</p> <p><u>Breads and starches</u>: Crackers, Breadsticks, Melba toast, Flour. Pasta , Rice (microwaveable) or Instant mash</p> <p><u>Soups</u> : Cans or packet soups</p> <p><u>Milk</u>: Long life milk and powdered milk.</p> <p><u>Meat / Fish</u>: Tinned ham or corned beef, tinned tuna, salmon, sardines or mackerel</p> <p><u>Beans</u> Tins of Baked beans, chick peas, kidney beans</p> <p><u>Fruit and Vegetables</u> Tinned or jarred vegetables. Tinned Fruit / fruit cocktail. Dried fruit. Tetra pack fruit juice</p> <p><u>Desserts</u>: Pots or cans of rice pudding or custard. Jelly and jelly pots</p> <p><u>Snacks</u>: Cereal bars, flapjacks, nuts, biscuits , fruitcake, brack</p> <p><u>Miscellaneous</u>: Jam, marmalade, honey, peanut butter</p>	<p><u>Ready Meals</u>: Frozen ready meals such as lasagne, fish pie or meals that you have prepared in batch</p> <p><u>Starchy foods</u> Frozen roasted potato's Frozen oven chips or croquettes, waffles. Freeze your favourite bread or rolls</p> <p><u>Meat/Fish</u> Frozen fish fingers or frozen fish Frozen burgers or chicken breast or other meat</p> <p><u>Fruit and veg</u> Frozen vegetables such as carrots or peas or mixed vegetables. Frozen fruit such as strawberries or blueberries</p> <p><u>Desserts and snacks</u> :Ice-cream, Frozen yoghurt</p>

You can take advantage of using supermarkets designated times set aside for Older people to shop or you can provide this information to relatives/friends/carers that can help you get these items. You don't need to panic buy the supermarkets are restocking daily.

Example of a Daily Meal Pattern with ideas for each meal and snacks

Breakfast ideas

Porridge or cereal with milk (Add tinned peaches or prunes)

Toast with butter/spread and marmalade or jam

Fruit Juice

Tea or coffee with milk

Mid Morning

Mug of soup with a slice of bread or crackers

Lunch ideas

Oven chips with tinned or frozen peas and some cod or salmon from the freezer

Choose a ready meal like lasagne or cottage pie or you may have access to a fresh meals on wheels dinner

Water or Milk to Drink

Dessert

Rice pudding pot or jelly and ice cream with tinned fruit and a cup of tea or coffee

Mid Afternoon

Handful of dried fruit/nuts or a smoothie made with frozen berries

Evening Meal ideas

Tinned mackerel on toast

Beans on toast with butter or spread. You can also add cheese if available

Cup of tea/coffee or some water with squash

Supper

Malted Milky Drink with a piece of Fruit cake