



COVID-19

ADVISORY No. 30

April 6, 2020



ANVAYA
COVE
Seaside Leisure Community



COVIDIGEST

SERIES NO. 3

MAKE FOOD SUPPLIES LAST LONGER DURING QUARANTINE

1



Create an inventory of food items. Then, list all perishable goods and the expiry dates.

2



Make a meal plan to properly allocate all the ingredients that you have.

3



Create a grocery list. Buy supplies that will last for two weeks. Do not hoard.

4



Store food items properly to avoid contamination. Use sealed containers.

5



Try simple food preservation methods such as sugaring, pickling, and canning.

6



Follow the 'First In, First Out' rule. Food items purchased first should be disposed first.

7



Freeze your vegetables if you can't eat them right away. Most vegetables need to be blanched before they are frozen to avoid freezer burn.

Freezing is not recommended for sprouts, eggplant, potatoes (other than mashed), radishes, and sweet potatoes.

8



Store the following food properly:
Leafy greens – rinse, wrap in a paper towel, refrigerate in a sealed container
Tomatoes - store at room temperature. Once they're ripe, place them in the fridge.
Squash and root crops - store in a cool, dark, dry spot outside the fridge