

## Canada's food guide



A lot is going on right now given the COVID-19 pandemic. There are additional challenges that Canadians are facing and the most important thing is for you and your family to stay healthy during this time.

### Stock up on essentials but avoid panic buying

At this time, it makes sense to fill your cupboards with non-perishable food items. It is easier on your budget and the supply chain if people gradually build up their household stores instead of making large-scale purchases all at once. Good options are easy-to-prepare foods like canned vegetables and beans, dried pasta and sauce. [Learn more](#) about being prepared.

### Use what you have

Using food you already have at home can be a great way to make healthy meals. Start with perishable food to minimize food waste. Check your pantry and freezer for dried, canned or frozen foods and plan your meal ideas around them.

### 4 ingredients 3 ways

With a little imagination and a few basic foods, it is possible to make a variety of simple and quick recipes from the same ingredients.

#### Use:

- Cooked brown rice
- Carrots – frozen or fresh (chopped)
- Corn kernels – canned or frozen
- Black beans – canned or cooked from dry

## To make:

### Healthy fried rice

- Add: Chopped onion, frozen peas or mixed vegetables, egg, a splash of sodium-reduced soy sauce, spices such as garlic, ginger and pepper
- Prepare: Heat oil in a frying pan. Sauté ingredients over high heat until golden and serve.

### Hearty soup

- Add: Chopped onion, low-sodium broth, dried herbs, pepper
- Prepare: Bring the onion, broth and spices to a boil (and chopped carrots if using fresh) in a large pot. Reduce to simmer, add remaining ingredients, and serve once warm. Add a bit of salt to taste if needed.

### Bean casserole

- Add: Chopped onion and green pepper, tomato paste or sauce, spices such as garlic, chili powder and cayenne pepper
- Prepare: Heat oil in a large pot and cook onion. Add remaining ingredients, mix, cook for 5 additional minutes and serve. Add a bit of salt to taste if needed.

**Canada's Food Guide:** <https://food-guide.canada.ca/en/?wbdisable=true>