

Coronavirus (COVID-19)

Food Safety, Nutrition, and Wellness Resources

During this unprecedented time of COVID-19, practicing personal hygiene, food safety, healthy eating, and physical activity at home are especially important to reduce the spread of the novel coronavirus disease and to keep yourself and loved ones healthy!

View the resources below from public health organizations and government agencies to stay healthy, safe, and well.



- Academy of Nutrition and Dietetics "COVID-19 Nutrition-Related Resources": <https://www.eatright.org/coronavirus>
- Food and Drug Administration "Food Safety and the Coronavirus Disease 2019": <https://www.fda.gov/food/food-safety-during-emergencies/food-safety-and-coronavirus-disease-2019-covid-19>
- U.S. Department of Agriculture Food and Nutrition Service "FNS Response to COVID-19": <https://www.fns.usda.gov/disaster/pandemic/covid-19>
- American Diabetes Association "COVID-19 Resources": <https://www.diabetes.org/coronavirus-covid-19>
- American Heart Association "COVID-19 Resources": <https://www.heart.org/en/about-us/coronavirus-covid-19-resources>

Provided by the NSPG Nutritionists