WELCOME to the

Roles of Community Health Workers and Support Specialists during COVID-19

ECHO

Session will start in less than 15 minutes
The role of Community Health Workers and Support Specialists during COVID-19

Food and nutrition impacts and resources

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Conflict of Interest Disclosure Statement

No Conflicts of Interest
COVID-19 and the food system

The farmworkers putting food on tables are facing their own challenges.

By Catherine E. Shoichet, CNN
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(CNN) — More than a million farmworkers aren’t hunkered down in their homes amid the coronavirus pandemic paralyzing much of the country. We talk with dairy farmers, a cheese maker and the Secretary of Agriculture about the dairy industry in the wake of economic turmoil caused by the coronavirus.
Effects on food prices
Reduced access to food

NH Unemployment Claims
Shifting how, where, what we eat

Demand increases at NH Food Bank amid COVID-19 crisis

Organization supports other agencies across state

[Chart showing daily downloads of grocery delivery apps, U.S., with lines for Walmart Grocery, Instacart, and Shipt]

[Video thumbnail showing a warehouse with the text: "CORONAVIRUS IMPACT: NH FOOD BANK SEES INCREASE IN DEMAND AS COVID-19 OUTBREAK AFFECTS JOBS"]
4 options for food support

1. SNAP and WIC
2. School meals
3. Meals for older adults
4. Food pantries and food shelves
Other resources

www.extension.unh.edu

Family Meal Planning

The foods you and your family eat are important for good health. Fruits, vegetables, whole grains, protein, healthy fats, and low-fat dairy provide the nutrients that you need for all stages of life. The right balance can help your entire family lead a healthy life.

WHAT SHOULD MEALS LOOK LIKE?

BREAKFAST
Your breakfast plate should be 1/3 protein, 1/3 fruit, and 1/3 starch, ideally whole grains. For example, you could have:

- **Protein:** 2 eggs, 1 low-fat yogurt, 1 cup low-fat milk, or 1 cup low-fat cottage cheese.
- **Fruit:** 1 apple, 1 cup berries, or 1/2 banana.
- **Starch:** 1-2 slices whole wheat bread, 1 cup whole grain cereal, or 1 cup cooked oatmeal.

LUNCH/DINNER
Your lunch and dinner should be 1/4 protein, 1/4 starch, and 1/2 non-starchy vegetables. For example you could have:

- **Protein:** 3-4 oz (size of a deck of cards) of salmon, chicken, or turkey; 1/2 cup beans; 1 cup tofu.
- **Starch:** 1 cup (or the size of your fist) whole wheat pasta or brown rice; 1 medium sweet potato; corn on the cob; 1-2 slices of whole wheat bread.
- **Non-starchy vegetables:** 1-2 cups of lettuce, kale, carrots, tomatoes, cucumbers, peppers, Brussels sprouts, eggplant, zucchini, or broccoli.

INCLUDE HEALTHY FATS WITH MEALS
Include 1-2 servings of healthy fats with each meal. For example, 1-2 tsp olive oil, 12 almonds, or 1/4 avocado.

Community Servings: www.servings.org/
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies – and the greater the variety – the better. Potatoes and French fries don’t count.

Eat plenty of fruits of all colors.

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

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