



Comfort in a Pandemic

Are you feeling lonely? Tired? Anxious? Depressed? Depleted? You are not alone. Are you turning to food for comfort? Emotionally eating rather than eating for true physical hunger? Many of us are doing the same in these trying times. Eating can be a source of comfort, regardless of your reasons.

Please don't add worry about comfort eating to your list of concerns at this time. We are all in this together, and your "whole person" health is most important.

First, let's acknowledge a couple of new stresses related to food choices:

- How to get groceries safely; navigating lines to get into stores; ordering online
- An extreme focus on food safety; sanitizing hands and maybe even packages
- The work of preparing more meals and snacks at home than usual; for families, kids, or perhaps just for you
- The challenge of making meals from foods you're not used to buying, or from what is left on hand
- The change in or lack of routine; being home all day next to the fridge and pantry
- Eating more or less than usual as a coping mechanism or because of household or grocery store shortages
- For some people, the effect of increased alcohol consumption, and the impact on food choices

And overall, not being able to connect together, physically, with friends and family over food.

Now, let's acknowledge that this is a difficult and uncertain time. Give yourself permission to be kind to yourself and nourish your body. A small amount of weight gain may come as a result, but we need to be gentle and gracious with ourselves during these trying times of isolation and stress.

Our team of health professionals are here for you if you would like to learn more about mindful eating, a practice in which you acknowledge the food you are eating, without judgement, in an attempt to gain control over your eating habits in time. We are also here for you later, to help reinstate healthy eating goals when the time is right.

Food is to nourish and to comfort our beings. Enjoy and enjoy your food. Just know that we need to start actively self-caring for ourselves on a daily basis. The following check list may help to bump up your- self-care during these very trying times.



HOW IS FOOD MAKING YOU FEEL TODAY?



During this time, it may be difficult to cope with your emotions, feeling more stressed, anxious, or sad than usual.

We want you to know that your **feelings are valid** and you have permission to **nourish your body**.



CHECK OUT THESE INSTAGRAM ACCOUNTS:



@chr1styharrison
@beauty_redefined
@covid19eatingsupport
@zachmiko
@pixienutrition

What can you do?

FOCUS ON WHAT YOU CAN CONTROL

- Eat to feel good
- Move your body to feel good
- Trust your body, it knows what it needs
- Be mindful of what you see online
- Avoid starting a diet
- Revisit an old hobby
- Start a journal
- Spend virtual time with family and friends
- Check-in with our Dietitians!

Eating is a behaviour that will look different for everyone. It changes in response to your hunger, schedule, food availability, and feelings!

REMEMBER, IT IS NORMAL TO:

- ✓ Over eat at times, feeling stuffed.
- ✓ Under eat at times, wishing you had more time or more food.
- ✓ Eat because you are happy, sad, stressed or because it feels good.
- ✓ Save part of your meal or snack to enjoy tomorrow. Or, finish it all now because you are enjoying it!

-ELLYN SATTER



**Seaway Valley
Community Health Centre**

Working with you for a Healthier Community

Here is a list of our favourite Comfort foods that will nourish your body & delight your taste buds

Black Bean Taco Filling

Adapted from <https://www.thekitchn.com/recipe-10-minute-black-bean-tacos-233042>

Ingredients:

- 1 tablespoon olive oil
- ½ large onion, diced
- 1 ½ teaspoons chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- 1 (15 oz) can black beans, drained and rinsed
- ¼ cup water

Directions:

1. Heat the oil in a large skillet on medium-high heat. Add the onion and cook, stirring, until softened, about 2 minutes. Stir in spices. Add the beans and water.
 2. Cover the pan and reduce the heat to a simmer. Cook for 5 minutes, or until the water is absorbed. Use the back of a fork to partially mash the beans, leaving about a half whole. Taste and adjust the seasoning as needed.
- Can add a wide variety of toppings – tomatoes, fresh peppers, or whatever veggies you have, salsa, sour cream !
 - Serve with taco shells or in wraps.



Instant Frozen Yogurt

Adapted from: <https://www.superhealthykids.com/recipes/healthy-instant-strawberry-banana-frozen-yogurt/>

Ingredients:

- 2/3 cup of frozen fruit
- 1 medium bananas
- 1 tablespoons honey *
- ¼ cup plain yogurt
- 1 teaspoon lemon juice

Directions:

1. Put all ingredients in a food processor or blender.
2. Blend until smooth.
3. Serve immediately or freeze in a container with a lid.

This is a kid friendly recipe. Make some and serve with the Apple Dapple Cake

Children must be over 12 months to eat honey



Apple Dapple Cake

1 1/2 cup flour –
3/4 cup sugar
1 - 1/2 tsp baking powder
1/2 tsp soda
2 eggs
2/3 plain yogurt
1/3 cup canola oil
1/2 tsp almond extract or vanilla

3 apples peeled, cored and sliced

TOPPING

3 tbsp sliced almonds
3 tbsp brown sugar
1 tsp cinnamon

Beat the eggs with the sugar and oil well
Add yogurt, almond or vanilla extract
Add flour, baking powder and soda

Pour into a cake pan 8" or 9"
Place apples on top and add topping

Bake at 350 degrees for 20-25 minutes or until tester comes out clean.

Note – you can use any fruit you have in the house, including drained canned fruit.



Easiest Hummus

- 1 can chick peas, drained
- 1 -2 cloves garlic (in my house there would be 5 cloves)
- 2 tsp ground cumin
- 1 tsp salt
- 3 tbsp olive oil
- 3 tbsp lemon juice – concentrate is fine or fresh squeezed

Blend up and add in more olive oil or lemon to make it smooth.

If you like things with more hot spices add in some hot sauce, or red pepper flakes. I often just divide this in two bowls, mine and my husband who likes his HOT!

Eat with veggies, use on sandwiches for a tangy spread.



Lentil Soup

2 cup dry lentils
8 cups vegetable or chicken broth
1 onion, diced (can use dried onion flakes)
¼ cup tomato paste
2 cloves garlic, minced
1 tbsp ground cumin

In a large saucepan combine lentils, broth, onion, tomato paste, garlic and cumin. Bring to a boil, then reduce heat, cover and simmer until lentils are soft, 30-45 minutes. Serve with a squeeze of lemon.

