



The national LGBTQI+ Disabled People's Organisation
Registered charity No.1056873

Food Shopping for the Coronavirus Crisis

This information is for Disabled and older people who are used to eating out but now can't, because they need to avoid infection or because their service is closed; for people whose support worker usually cooks but is off sick; and for people who are too ill to cook using basic ingredients as they usually do and have no one to cook for them.

It is sensible to have at least two weeks food available, in case of delays in deliveries. These basics are easily stored in the cupboard and are relatively inexpensive to buy and prepare.

- Microwave porridge (this can be cooked on the stove if you don't have a microwave)
- Tinned sliced pears, apples, mandarins and peaches (eat on their own or add to porridge)
- Packets of cereal, especially rice-based and other non-wheat-based cereals
- Long-life soya milk (if you have a freezer, you can also freeze cows milk)
- Individual long-life fruit juices
- Baked beans
- Tinned spaghetti
- Microwave rice (this can be pan-fried if you don't have a microwave, and comes in various flavours as well as plain)
- Curried lentils and chick peas
- Instant potato
- Cup-a-soups
- Ryvita or crackers (if you have a freezer, you can also freeze bread and use it by the slice)
- Individual jellies with fruit
- Value-range biscuits such as ginger nuts and bourbons
- Spreads and peanut butter
- Ingredients for hot and cold drinks such as tea and squash
- Honey – as well as being a sweetener, a spoonful a day with food or drink has anti-bacterial properties

What else can I buy?

Eggs can be stored for weeks in the fridge – if you are worried that an egg has gone off, try putting it into a glass of cold water. If it doesn't float, it should still be safe to eat.

Baked potatoes can be cooked in the microwave or oven and then filled with baked beans or tuna. A bag of potatoes will last for weeks in a cool dark place (not the fridge).

Microwave popcorn is a cheap, low-fat easy snack.

If you eat meat and fish, then tins of tuna, mackerel and corned beef can all be eaten with rice or potato or on toast.

If you can afford ready meals and have access to a freezer, there has never been more choice available at the supermarkets, including lots of vegan options. For very easy options, look for 'takeaway' ranges as well as standard meals.

Ready sliced carrot sticks and bags of soft fruit such as raspberries can also be stored in a freezer and eaten raw when thawed, and with orange juice can be used to make up 'five a day'.

When food is delivered to you, bags of ready prepared salad and avocados are both easy ways to make up 'five a day'. Unripe avocados will last longest – when they feel slightly soft, cut into two and use a spoon to scoop out the flesh, which you can eat with toast or crackers or as part of a salad.

For more information and up-to-date resources from Regard, visit our website www.regard.org.uk or find us on Facebook.

**Please let us know at Regard if you are struggling and we will see what we can do to put you in touch with sources of help:
secretary@regard.org.uk**

**The Disability Law Service may also be able to help if you have problems with benefits or services: advice@dls.org.uk / dls.org.uk
0207 791 9800.**

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