FOOD WISE
Healthy choices, healthy lives.
Extension
UNIVERSITY OF WISCONSIN-MADISON

Distributed by:
Brown County UW-Extension
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# COVID-19 PREVENTATIVE MEASURES

## CLEAN YOUR HANDS OFTEN

The best way to prevent illness is to avoid being exposed to this virus. Washing your hands is easy, and it's one of the most effective ways to prevent the spread of COVID-19.

### HANDWASHING STEPS

1. Wet your hands with clean, running water

2. Apply soap

3. Lather and scrub your hands for at least 20 seconds

4. Rinse your hands well under clean, running water

5. Dry your hands using a clean towel or air dry them

### WHEN TO WASH HANDS

- After blowing your nose, coughing, or sneezing
- Before and after caring for someone that is sick
- After going to the bathroom
- Before and after preparing food
- During food preparation as needed
- Before eating food

### HAND SANITIZER

If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

NC STATE EXTENSION

**Stay informed: go.ncsu.edu/covid-19**

www.cdc.gov/coronavirus/2019-ncov

NC STATE UNIVERSITY

Updated March 16, 2020

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# SPEND SMART. EAT SMART.®

## Three Can Chili

**Serves: 4** **Cost/Serving: $0.81** **Serving Size: 1 1/2 cups**

### INGREDIENTS

**1 can (15 ounces)** reduced sodium black beans or 2 cups cooked beans
**1 can (15.5 ounces)** corn
**1 can (14.5 ounces)** tomatoes (chopped or broken into pieces)
Chili powder to taste

### INSTRUCTIONS

1. Place contents of all three cans (undrained) into a large saucepan.
2. Sprinkle with chili powder to taste.
3. Stir and heat thoroughly.
4. Serve immediately.

### TIPS

Other ingredients that may be added include cooked meat, chopped cooked onions or green peppers.

## Nutrition Facts

4 Servings Per Container
**Serving Size: 1 1/2 cups**

**Amount Per Serving**

| **Calories** | **200** |
|---|---|
| | **% Daily Value*** |
| **Total Fat** 1g | **2%** |
| Saturated Fat 0g | **0%** |
| *Trans* Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 670mg | **28%** |
| **Total Carbohydrates** 38g | **13%** |
| Dietary Fiber 11g | **44%** |
| Total Sugars 8g | |
| Added Sugars | **NA*** |
| **Protein** 9g | |
| Vitamin D 0mcg | **0%** |
| Calcium 70mg | **5%** |
| Iron 3mg | **17%** |
| Potassium 482mg | **10%** |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**NA*** - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently avaliable for the recipe. We will be updating the information shortly.

**Remember!**
**Make half your plate veggies and fruits**
**Vegetables and fruits are full of nutrients that support good health.**
**Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.**

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