

Distributed By:



Extension Brown County FoodWise
2019 Technology Way Green Bay, WI 54311
(920) 391-4610
<http://www.browncountywi.gov>

Follow Us on Facebook!
@FoodWiseExtensionBrownCounty

COVID-19

SHOPPING TIPS

WATCH WHAT YOU TOUCH



Disinfect cart and basket handles

Sanitize or use disinfectant wipes to clean cart and basket handles before use.

WASH YOUR HANDS



Don't forget the soap

Wash your hands with soap for at least 20 seconds.

SHARING IS CARING



Be fair, please share

Stockpiling can mean someone may not be able to buy what they desperately need.

PERSONAL HYGIENE



Don't spread germs

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Don't forget to wash your hands afterward.

SOCIAL DISTANCING



Keep a personal radius

Staying six feet away from others, even in the checkout line, does not make you unfriendly, it makes you considerate.

LIMIT NONESSENTIAL OUTINGS



Consider others

If you or someone you know is more vulnerable, take precautions. Outings, even to a grocery store, could put them at risk. You may bring home more than just groceries.



WISCONSIN DEPARTMENT
of HEALTH SERVICES

P-02620D (03/2020)

www.dhs.wisconsin.gov/covid-19

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

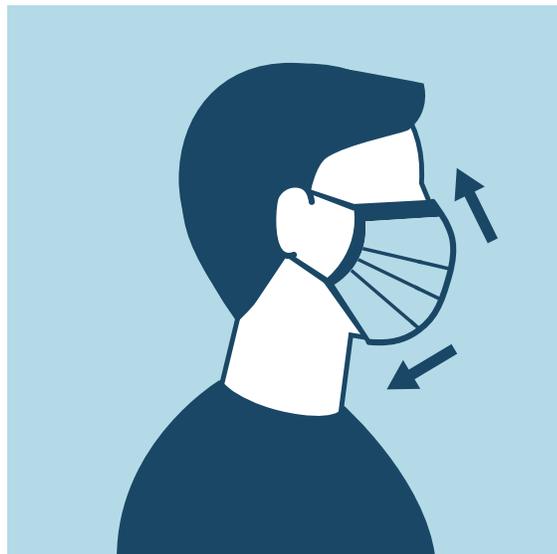
Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.

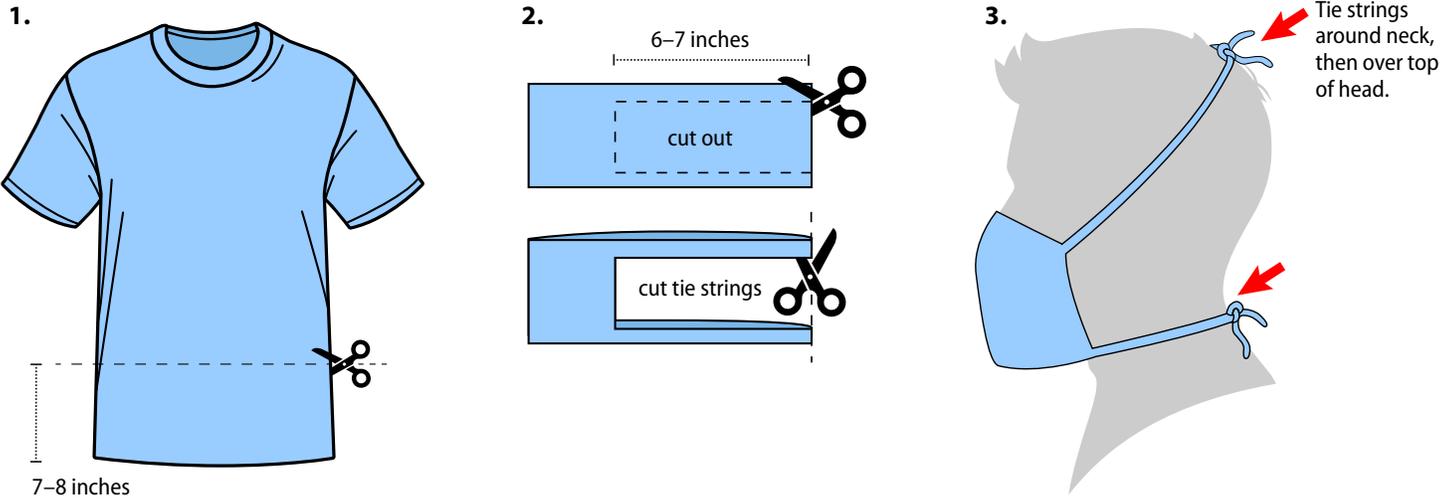


Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial

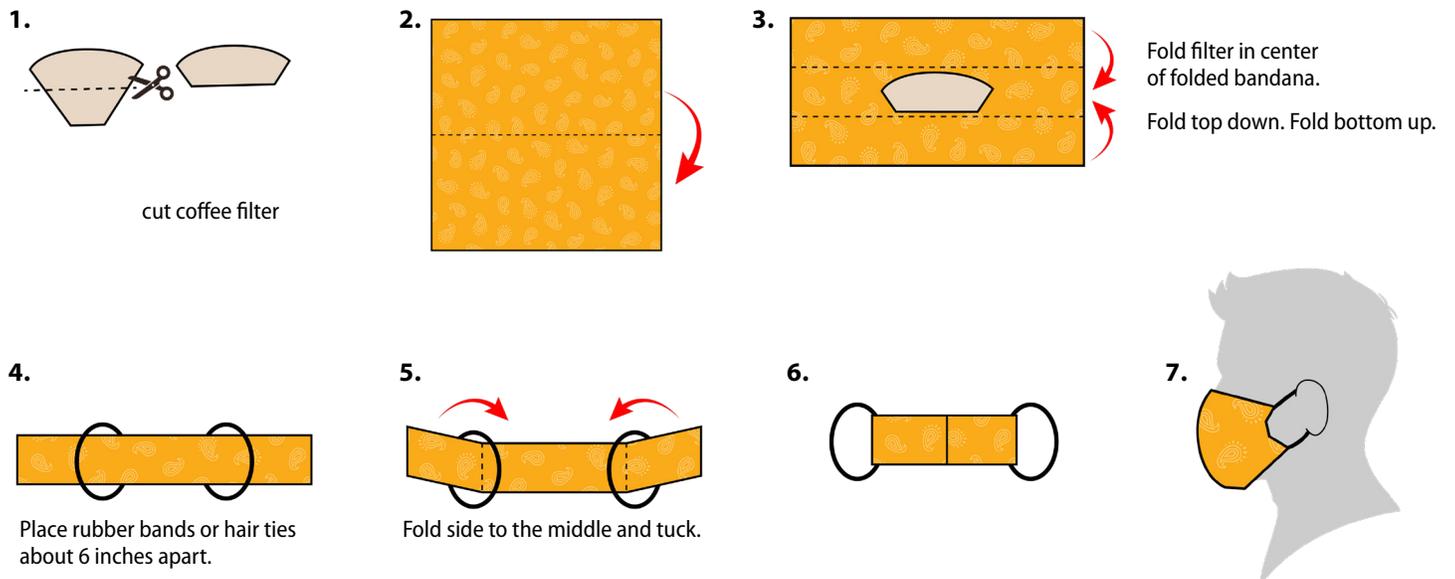


Bandana Cloth Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Coffee filter
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial



SPEND SMART. EAT SMART.®

Winter Black Bean Soup

Serves: 4 Cost/Serving: \$0.90 Serving Size: 1 1/4 cups

INGREDIENTS

- 3 cups black beans, cooked
- 2 teaspoons vegetable oil
- 1/2 cup onion, chopped (about 1/2 medium onion)
- 1 tablespoon chili powder
- 1 teaspoon ground cumin (optional)
- 1 can (14.5 ounces) Mexican style diced tomatoes
- 1 cup water
- 1 tablespoon lime or lemon juice (optional)
- Nonfat yogurt or low fat sour cream and cilantro for garnish (optional)

INSTRUCTIONS

- 1 Prepare beans as directed.
- 2 Heat oil in a large saucepan over medium heat. Add onion and cook. Stir until onion begins to soften (about 2 to 3 minutes). Add chili powder. Add cumin, if desired. Cook and stir for 1 minute.
- 3 Add tomatoes, beans, and water. Bring to boil. Reduce heat and simmer for 10 minutes (covered).
- 4 Remove from heat and stir in lime or lemon juice, if desired.
- 5 Garnish before serving.

TIPS

You can use 2 cans (15 ounces) reduced sodium black beans (rinsed) in place of the cooked black beans.

Soup can be cooked in a slow cooker on low for 3-4 hours.

Thin the soup by adding water. Thicken soup by cooking longer without the cover.

Use dry beans in place of canned beans.

Cooked beans are a great way to get more iron and fiber and can be eaten alone or added to salads and side dishes.

Nutrition Facts

4 Servings Per Recipe

Serving Size: 1 1/4 cups

Amount Per Serving

Calories 240

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 530mg 22%

Total Carbohydrates 42g 14%

Dietary Fiber 13g 52%

Total Sugars 4g

Added Sugars NA*

Protein 13g

Vitamin D 0mcg 0%

Calcium 106mg 8%

Iron 5mg 28%

Potassium 669mg 14%

* 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 available for the recipe. We will be updating the information shortly.

Distributed by:

Brown County UW-Extension 2019

Technology Way

Green Bay, WI 54311

920-391-4610

<http://www.browncountyextension.org>



IOWA STATE UNIVERSITY
Extension and Outreach