# Keep Minnie's Pantry Safe during the pandemic!

## Practice good hygiene

- Stop handshakes and use **non-contact greeting** methods.
- Clean hands at the door and **wash hands** frequently.
- **Disinfect surfaces** like doorknobs, tables, and desks regularly.
- **Avoid touching your face** and cover your coughs and sneezes.
- **Always wear Mask** Do not remove your mask unless you eat/drink with 6ft social distancing.

## Social distance

- Maintain 6 ft distance all the time especially when having parties and during lunch.
- Keep only individually packed food for snacks.
- Practice social distancing when delivering foods.

## Eat healthy

- Eat more fruits, vegetables, lean meat, low-fat dairy, nuts, seeds, and legumes.
- Drink more water. 9 cups for women and 12.5 cups for men.

## Stay home if...

- You are **feeling sick**
- You have a sick **family member** at home

## Take care of your emotional and mental well-being

- Outbreaks are a stressful and anxious time for everyone. Eat healthily, get enough rest and be physically active.

**SOURCE:** CDC.GOV

[WWW.EATRIGHT.ORG](http://WWW.EATRIGHT.ORG)