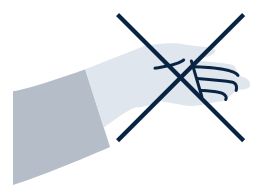


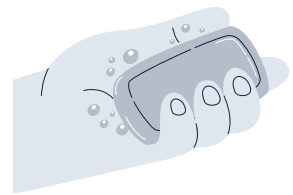
Keep Minnie's Pantry Safe during the pandemic!



Practice good hygiene



Stop handshakes and use **non-contact greeting** methods



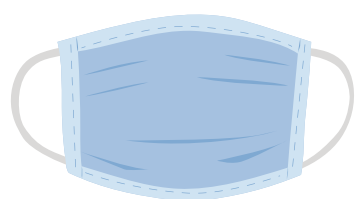
Clean hands at the door and **wash hands** frequently.



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.



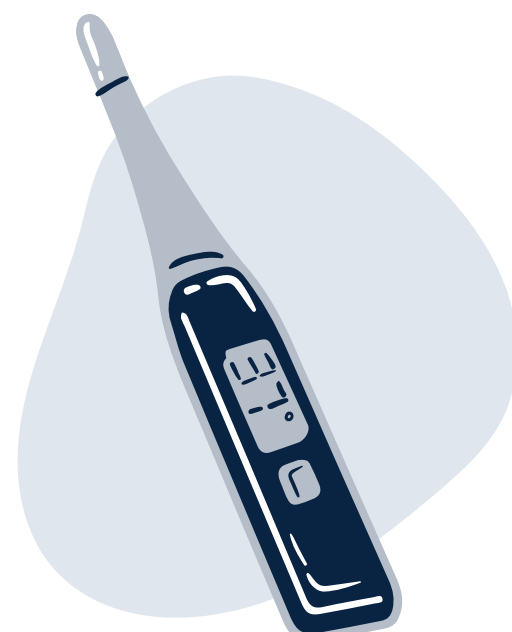
Eat healthy

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.