



Eating and Nutrition

Chances are that your eating habits have changed a lot in the past few weeks. If popular hashtags on social media are any indication – #cantstopeating, #quarantine15, and #stressbaking, to name a few – it hasn't been in a good way.

All this is understandable, and, some might argue, even necessary as we adjust to life under lockdown, and coping with worry and boredom, not to mention having access to our kitchens 24/7. But rather than downing chips – chocolate or potato – it is possible to look at this time at home as an opportunity to adopt or even improve healthy eating habits. Before you laugh and reach for the cookies, consider these two very good reasons to keep paying attention to nutrition.

“What you choose to eat can mean the difference between feeling energetic or fatigued and between strengthening or weakening your immune system,” says Amy Keating, R.D., a nutritionist at Consumer Reports. “Plus, the habits you develop now may last long after the pandemic is has passed. At this point, many of us are looking at months of working from home and it wouldn't be ideal to have a new habit of emotional or unhealthy eating.”

So as we settle into an extended period of social distancing, we all need to figure out sustainable strategies for eating well. We believe the tools that we are providing under this theme will assist you and your family with developing these strategies.

To kick off the theme for the next two weeks we have provided to you a video produced by CBC. You can access this video at any time via the link below.

- <https://www.youtube.com/watch?v=Dr7QjxPQdGc>

In addition to the video we also have the following resources available to you:

- [5 Tips for Grocery Shopping During COVID-19](#)
- [Maintaining a Healthy Diet during the COVID-19 Pandemic](#)
- [Support Your Health With Nutrition](#)
- [Teaching Kids to Cook](#)
- [Healthy Eating Inspirations](#)
- [Connect with a Wellness Coach for Free \(Workplace Options\)](#)

Please remember that you are not alone during this time. Reach out to family, friends, co-workers, your supervisor or any leaders within the organization as we are here to help. You can also speak to our EFAP provider.

Access your EFAP 24/7 by phone, web or mobile app:

Canada:

- Call 1-877-847-4525
 - Email support@resourcesforyourlife.com
 - Visit <http://ca.resourcesforyourlife.com>
 - COMPANY CODE: BMWeCare
 - Download the 'ICONNECT YOU' app from the App Store or Google Play
- PASSCODE: 149301

United States:

- Call 1-800-466-8282
- Access Code 8282
- Visit www.AlternativesEAP.com
- Download the 'Alternative EAP' app from the App Store or Google Play