NUTRITION AND STAY-AT-HOME GUIDELINES

Besides mealtimes, there are few environmental and behavioral cues to structure your time in isolation. Here are some tips and suggestions to keep you healthy at home.

Activities

Chores such as washing dishes, cleaning the bathroom, or vacuuming are all ways to keep your space clean and your mind occupied.

Food Safety

New to cooking at home? Stay safe with these tips:
- Wash hands, surfaces and utensils often
- Cook foods to proper temperature: 165° for chicken, 145° for beef, 145° for fish.

Lifestyle Challenges

The KSU Center of Nutrition Outreach provides a 10-week healthy lifestyle challenge you can do at home: cnoatksu.wixsite.com/rm200

For more resources

Information on food safety:
foodsafety.gov
Grow your own food:
garden.org

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