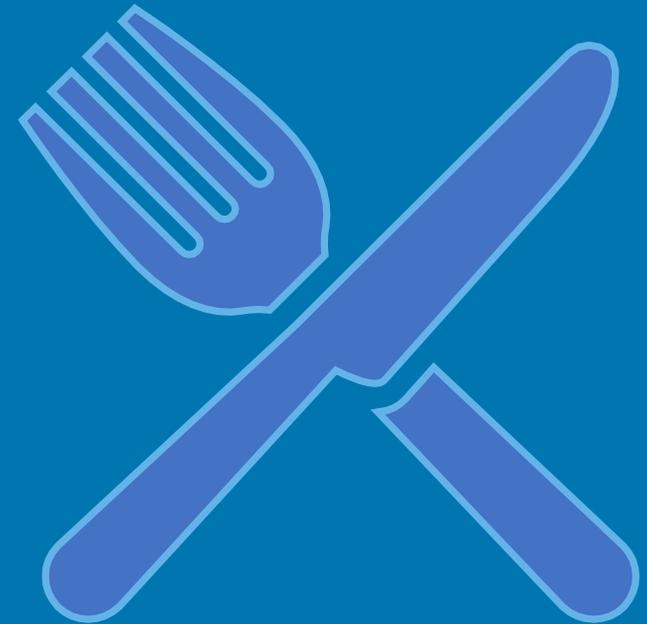




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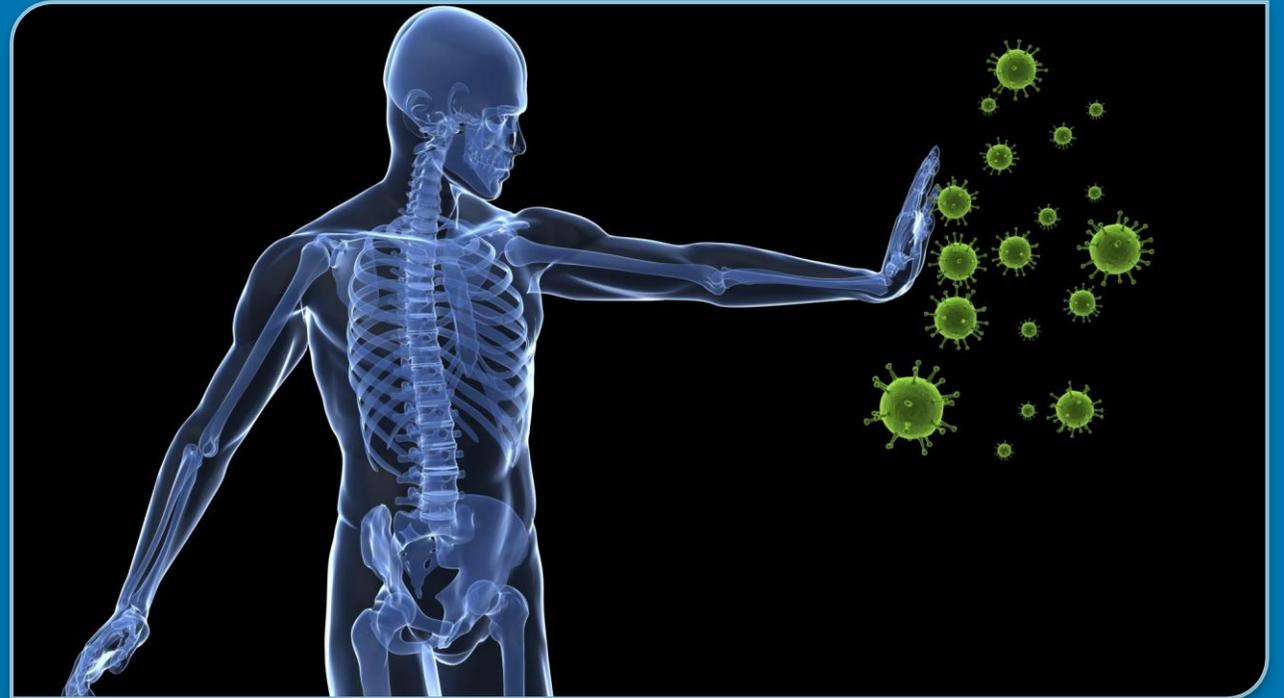
HELPING CHILDREN & FAMILIES THRIVE

Healthy Eating for a Healthier You: Surviving Racism, Covid-19, and Other Stressors



How do we support our immune system?

When it comes to nutrition, there's a positive to these challenging times. Staying safe at home has its advantages which include the opportunity to have more time to plan our meals!



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Eating a wide range of fruit and veggies is a must!

- Fruits and veggies are loaded with vitamins and minerals to support our immune system.
- Pick items that are ripe and unripe.
 - That provides a way to keep things fresh over a 2-week period.
- Pick up frozen fruit and veggies as well!
 - These are excellent for stir fries, smoothies, casseroles.
 - Plus, they last the longest.

Add onions and garlic to meals

- Both contain potent oils that have anti-microbial properties.
- Both last a long time when stored in a cool, dark place.
- They can be added to carrots and celery for an excellent soup base.





Consume broth

- Broths are loaded with collagen, vitamins, minerals, and amino acids that build our immune system.
- They also work as a hydrator.
- Choose low-sodium versions if using pre-made.



Vitamin C is
important to
immune health.
but did you
know vitamin D
is also
essential?

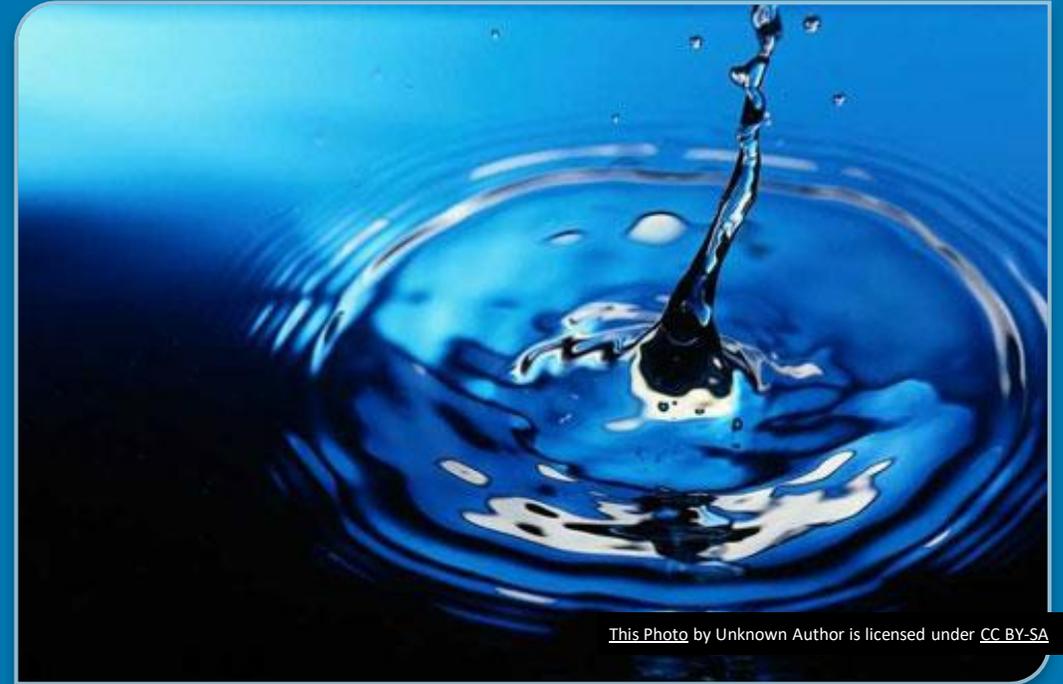
Sources of Vitamin D include oily fish, eggs,
and mushrooms.

- Add frozen, fresh and canned fish to your grocery list.
- Don't forget the eggs and mushrooms; they last a long time.



Drink plenty of fluids

- When dehydrated, your body can't produce saliva and mucus to keep your throat lubricated. Swelling and inflammation may become worse.
- Room temperature water is ideal.
- Herbal teas are a great option!
- Avoid soda and other sugary drinks as they negatively impact the immune system.



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Ginger is great!

- Ginger has been used for centuries to reduce inflammation and ease viral infections. It's also good for nausea!
- Add it to your soups and stir-fry recipes for an excellent flavor boost.



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What gets in the way of making healthy choices?

- Stress
- Lack of time
- Lack of access
- Lack of money/resources/transportation

What are our current stressors?



- COVID 19
- Racial injustice and structural racism in our community
- Disruption of previous healthy habits (eating; exercising; rejuvenating activities like socializing; attending worship services; etc.) which have been altered or aren't available
- More overlap of roles (parenting while working from home)
- Possible loss of income or jobs due to current economic impacts of COVID-19



How COVID is Disproportionately Affecting People of Color



Across Washington, DC and 45 States in the U.S.

- 1 in 1,500 black Americans has died (or 65.8 deaths per 100,000)
- 1 in 3,200 Latin Americans has died (or 31.1 deaths per 100,000)
- 1 in 2,300 indigenous Americans has died (or 43.2 deaths per 100,000)
- 1 in 3,600 white Americans has died (or 28.5 deaths per 100,000)

In Ohio, as of 6/30/20 ([coronavirus.ohio.gov](https://www.coronavirus.ohio.gov); www.census.gov):

- White Ohioans make up 49% of positive cases (81.51% of Ohio population)
- Black Ohioans make up 26% of positive cases (12.35% of Ohio population)

Source:

<https://www.apmresearchlab.org/covid/deaths-by-race> as of June 23, 2020

Barriers to healthy food choices

According to a study published by Case Western Reserve University:

- 36% of Cuyahoga County residents live in food deserts.
- People living in these areas often live half a mile or more away from supermarkets that typically lack access to healthy foods such as fresh fruit and vegetables.

The CWRU study found that:

- Over 40% of people living in these areas live below the poverty line.
- Over 70% are identified as racial or ethnic minorities.

<https://www.idealstream.org/news/2016/06/21/cwrucwru-study-aims-to-find-new-ways-to-tackle-cleveland-food-desert-also-seeks-to-identify-areas-without-access-to-healthy-foods-like-fresh-fruit-and-vegetables>.

“Working with the community is integral in moving forward on a solution.”

“You can put a store in there, but if it’s not meeting the needs of the community, it’s not going to do well and thrive.”

~Kandace Jones, Euclid Resident~



What can we do?

For ourselves

- Plan meals ahead.
- Plan shopping lists (take in to account possible shortages).
- Plan cooking time/prep time for meals.
- Schedule time to sit and eat without battery powered distractions.
- Limit media exposure and carefully vet what you do choose to read or watch.
- Find alternate activities to help recharge, rejuvenate and reduce stress so you're less likely to stress eat and make less healthy choices.
- Find a buddy who's working on the same thing and support each other.

For our communities

- Look for opportunities to advocate for new businesses, small businesses or grocery stores to move into areas that are in need.
- Shop at stores that support their local communities to reinforce their continued presence.
- Look up what's available in your area to help supplement healthy food choices. Food and produce distributions are ongoing in many communities.



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