

# FOOD ACCESS

## A Guide to Healthy Eating During COVID-19

The COVID-19 pandemic has made many aspects of life more difficult, and this especially rings true for the ability to access nutritious foods. Healthy eating is crucial to both the physical and mental development of children, making this issue even more important to address.

### WHY EAT HEALTHY?

For children, healthy foods have benefits such as improving energy levels, stabilizing moods, maintaining a healthy weight, and increased focus and memory.

### WHAT IS IN A HEALTHY DIET?

Healthy eating for kids includes a diet with a variety of fruits and vegetables, proteins, whole grains, and oils while limiting foods with lots of sugar or saturated fats.



### HOW CAN MEALS BE HEALTHIER?

Here are some small swaps to make for healthy meals:

- Swap whole milk for low-fat milk
- White bread for whole grain bread
- Ice cream for homemade smoothie
- Butter for olive oil



## HEALTHY FOOD RESOURCES IN BOSTON:

### LOVIN' SPOONFULS

Lovin' Spoonfuls is a food rescue organization that seeks to deliver healthy meals daily to those experiencing food insecurity. This organization operates by collecting nutritious food that would otherwise go to waste and distributing it during the week.

<https://lovinspoonfulsinc.org>

### ROUND TABLE

Round Table is a South Boston urban garden and community center that aims to provide families in need with healthy meals. Round Table grows produce at its center in South Boston and provides children in the area with a safe space to come after school.

<https://www.roundtableservants.org>

## OTHER PROGRAMS IN BOSTON:

### THE GROW CLINIC

The Grow Clinic is an outpatient program at Boston Medical Center that aims to provide nutritional assistance to children in need. A referral from a primary care physician is needed for entry into the program. The treatment provided focuses on nutrition, but also addresses all aspects of wellbeing.

<https://www.bmc.org/programs/grow-clinic>

### SNAP BENEFITS

The Supplemental Nutrition Assistance Program (SNAP) provide assistance to families in order to help them obtain nutritious food.

SNAP benefits may be used to purchase any necessary food items, particularly food with nutritious value.

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance->

# ADDITIONAL RESOURCES

## GREATER BOSTON FOODBANK

Provides food and meals for many local pantries, soup kitchens and through their own programs in the greater Boston area. Accepts volunteers and donations of healthy foods.  
<https://www.gbfb.org/>



## RESCUING LEFTOVER CUISINE

Rescuing Leftover Cuisine helps pair restaurants with soup kitchens, shelters, and other programs to feed the hungry. It's goal is to reduce the waste that restaurants produce and share the food with the hungry  
<https://www.rescuingleftovercuisine.org/>



## CITY OF BOSTON

The City of Boston has assembled its own list of food resources for the COVID-19 pandemic. It also includes an up-to-date food map to help identify nearby food programs.

<https://www.boston.gov/news/food-resources-during-covid-19>



CITY of BOSTON

## MASSACHUSETTS ASSISTANCE



Massachusetts has set up its own list of state food resources designed to help during the COVID-19 Pandemic.

<https://www.mass.gov/lists/covid-19-food-assistance>