



You Can!

Enjoy Healthy Take-out and Delivery



Tips for Ordering Takeout or Delivery

- If you get takeout, take the food home right away and eat it while it is hot.
- If getting delivery, request “contactless”, the delivery person will notify you when the meal is left at the doorstep
- Transfer the meal from its packaging onto a plate, discard the packaging, and wash hands thoroughly with soap and water.
- Store leftovers safely—wrap tightly and refrigerate any dishes with meat, fish, poultry, or dairy products. Do not let leftovers sit at room temperature for longer than two hours.
- Reheat leftovers to at least 165°. The microwave is an easy way to reheat leftovers.
- Be sure to label the date of purchase on your leftovers and discard within three to five days.

Making healthful choices from an online menu can be a challenge — especially since nutrition facts are not always posted.

- Terms such as crispy, battered, breaded, creamy, cheesy and Alfredo may mean they are higher in saturated fat, calories, and/or sodium.
- More healthful options might use terms like baked, grilled, roasted, steamed, al fresco or marinara.
- Consider steamed vegetables or fruit as a side option, when available.
- Ask for sauces and dressing on the side to help control how much actually goes on your food.
- If it is a large portion of food, put half away for later.

More nutrition information can be found on www.eatright.org/coronavirus

Information about COVID-19 in Massachusetts can be found at www.Mass.gov/2019coronavirus

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