



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Have a question about what to cook each day?

Our YMCA culinary team is providing daily online cooking classes and recipe hotlines! Join our team on Instagram [@ymcadcfod](#) and Twitter [@ymcadcfod](#) for cooking videos and tips. We are here to be a resource for you!



In the meantime, here are some tips for staying healthy while at home:



- Hydrate, hydrate, hydrate! And remember, fruit is a good source of water, too!



- Intuitive eating is a great way to listen to your body and when it's hungry. Click the link for more resources.



- Be thoughtful about repurposing leftovers to reduce waste: leftovers make great taco ingredients, lettuce wraps and salads.



- Next time you're at the grocery store, grab some frozen fruit and veggies. They're perfect for stocking up on produce without producing waste.