



It's more important than ever that we all keep our mind and body healthy.

The current advice for the public is to continue to eat as normal aiming to stay well-nourished and hydrated throughout periods of social distancing and self-isolation.

Many people are using up food and products in their store cupboard. Remember to check the 'use by' dates on fresh foods such as milk, meat, cheese – don't risk it, throw it away.

1 Keep an eye on your weight or check if your clothes and jewellery are looser than normal. If you think you are losing weight or have a poor appetite try to

- Use full fat options e.g. milk, yoghurts, cheese
- Eat small meals little & often
- Fortify foods with butter or cream
- Add additional snacks and milky drinks e.g. toast with peanut butter, cheese and crackers, hot chocolate



2 Keep hydrated – keep sipping drinks throughout the day, aim for 6-8 drinks per day.

3 If you can, keep moving – move as much as possible in the house. Stand up when you are talking on the phone, move more often and try to reduce long periods of sitting still.

If you are able, try some light chair based movements on a solid, stable chair – arm raises, ankle twists, upper body twists & neck stretches.

4 Stay connected – keep in touch with neighbours, friends, family and keep your mind active doing the things you enjoy doing. Pottering, cooking, reading, joining in with TV quizzes, attending to houseplants, knitting and more.



If you are feeling lonely & need some general advice?

Call the free Age Scotland helpline for a friendly chat on **0800 1244222** (Mon-Fri 9-5pm)

Shielding letter from Scottish Government & help with daily living

Some customers will have recently received a letter from the Scottish Government which provides vital information to keep you safe. The letter also provides details of local assistance centres which have been set up across Scotland.

See the telephone numbers (right) of your local centre if you need assistance with daily living including food and any medications you might need:

COUNCIL AREA	TEL No:
Clackmannanshire Council	01259 450000
Dundee City Council	01382 307964
Dumfries & Galloway Council	01387 260600
East Renfrewshire Council	0141 5773093
Renfrewshire Council	0300 3000230
Glasgow Council	0141 2761185
Scottish Borders Council	0300 1001800
Stirling Council	01786 404040
West Lothian Council	01506 281000

Food Train is doing all it can to support its customers during this time. With our best wishes. Food Train