

# stay well

## WITH FLIK

### LET'S STAY WELL TOGETHER

During these unprecedented times we have put together resources to support you and your families in staying well. Our team of registered dietitians and chefs have crafted resources on pantry essentials, meal prepping, cooking with kids, easy recipes, and mindfulness. Wishing you and your family good health.

- FLIK Hospitality



### PANTRY ESSENTIALS

Wondering how to stock up your pantry or how to cook with the pantry staples you have on hand. [CLICK HERE](#) for quick tips.

### KIDS IN THE KITCHEN

Cooking with your kids is a great way to make fun memories and teach your kids a new skill. [CLICK HERE](#) for ideas and kitchen tasks for different age groups.

### EASY RECIPES

We have easy recipes for you for all meals from breakfast, to snacks and easy dinners. [CLICK HERE](#) for recipes.

### KITCHEN BASICS

We have you covered with all things cooking. Here you will find resources on meal planning and prepping, building freezer meals, better choice grocery lists and more. [CLICK HERE](#) to get started.





## STAYING WELL

Wondering how you can use food to boost your immunity or how to build healthy eating habits? [CLICK HERE](#) to learn more.

## STAYING ACTIVE

Physical activity boosts mood, improves sleep, keeps your immune system healthy and helps you maintain a healthy weight. We have you covered on how to fuel your exercise. [CLICK HERE](#) for more.



## MINDFULNESS

Stress can impact your food choices but you can curb stress eating with mindful eating. [CLICK HERE](#) for resources on mindful eating and foods to boost your mood.

## TEACHING KITCHEN AT HOME

Tune in to the Teaching Kitchen at home series for videos on simple recipes you can make with the family. [CLICK HERE](#) to get started.



## LET'S STAY CONNECTED

Visit the [FLIK Blog](#) for new recipes, tips and blog posts



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## ADDITIONAL RESOURCES

With all the confusing information out there it is important to stay informed with up to date, accurate, scientifically proven information. Here are some additional resources

### [We Eat.Live.Do. Well](#)

Health and wellness site with updated blog posts, videos and recipes

### [Academy of Nutrition and Dietetics](#)

Nutrition articles, tips, videos, activities for you and your family written by dietitians

### [Centers for Disease Control & Prevention](#)

Daily updates on COVID-19