



YOUR GUIDE TO STAYING HEALTHY

DURING A SECOND WAVE OF
COVID-19 IN NEW YORK CITY

mademeals®

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TAKE SAFETY PRECAUTIONS

This might seem obvious but the first line of defense for staying healthy during COVID-19 is making sure COVID-19 particles stay as far away from your face as possible.

- Stay in your home when you can.
- Social distance when you're out.
- Wear a mask in public.
- Wash your hands as much as possible.
- Don't touch your face.
- Sanitize your reusable mask after every use.
- Have good airflow in your house or apartment.



2

EAT MINDFULLY

You are what you eat. Really... So if you fuel your body with wholesome, clean, and nutrient-dense ingredients, your body will, in return, act more efficiently when it comes to immunity and protection.

- Buy local when you can.
- Buy produce free of pesticide and herbicides.
- Seek out humanely-raised meats.
- Look into sustainable seafood.
- Choose foods that build and restore the immune system (ginger, garlic, spinach, tomatoes, salmon, etc.).



3

STAY ACTIVE

Health and immunity isn't just formed in the kitchen. Staying active and moving your body not only releases hormones that make you happy, but it also improves the efficiency in which your cells protect against viruses.

- Find a free workout program on Youtube.
- Go for a socially distanced run around a local park.
- Use water bottles or wine bottles as makeshift weights.
- Stand up from your desk every thirty minutes and go for a brisk walk.
- Walk home from work a few times a week.



4

DON'T STRESS

Your mental health is just as important as your physical health when it comes to immunity. Your body can tell when you're stressed, and the barriers you've built to protect it won't be as helpful as you once thought.

- Spend 10 minutes a day meditating to rid your mind of overwhelming thoughts.
- Download a mental health app and talk to a professional if needed.
- Indulge in safe social activities to keep up as much normality as possible.
- Get tested for COVID-19 to stop worrying that you have it.
- Give yourself as much grace as you need; this is a stressful time for everyone.



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ORDER A MEAL DELIVERY SERVICE

Ordering weekly meals through a meal delivery service like mademeals can help you maintain your health while also saving time and lowering stress by getting fresh, local, and organic meals delivered right to your door.

- Either pick and choose what meals you'd like each week with zero commitment OR order a Meal Pack and receive a percentage off your order.
- Check out the vegan, gluten-free, dairy-free, and keto-friendly options.
- Buy bulk portions to meal prep on your own or share an organic and sustainably sourced meal with your family!
- Indulge in desserts and snacks too!



We're a meal delivery service bringing fresh, local, and nutrient-dense food to the neighborhoods of Northern New Jersey and New York City. Our aim is to help busy individuals nourish their bodies and regenerate the environment.

After a diagnosis of ulcerative colitis in 2016, I examined how my diet played a critical role in finding a treatment. Since then, I've dedicated both my personal and professional life to nutrition, local food systems, and ultimately, helping people eat healthy, delicious, and sustainable foods.

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