**COVID 19: SCI Nutrition 101**

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| Organization Name | Website | Contact | Resources |
| UAB SCIMS | <https://www.uab.edu/medicine/sci/> | University of Alabama at Birmingham, Birmingham, AL (205) 934-3283 | * EatRight Weight Management Program: <https://www.uab.edu/medicine/sci/uab-scims-information/eatrightr-weight-management-program> |
| The Rocky Mountain Regional Spinal Injury System | <https://craighospital.org/programs/research> | Craig Hospital, Englewood, CO (303) 789-8306 | * COVID Conscious Food Shopping: <https://craighospital.org/blog/covid-conscious-food-shopping?fbclid=IwAR24tEA81lOLclKHlrZUpvzd5Pf3cN8EeJgcH-MWCoAkNbNEfVu-oh8DFS0> * 10 Ways to Make Your Home Garden More Accessible: <https://craighospital.org/blog/ten-ways-to-make-your-home-garden-more-accessible> * Beyond Nutrition, Health & Wellness Made Simple: <https://craighospital.org/blog/beyond-nutrition-health-wellness-made-simple> |
| Mount Sinai Hospital Spinal Cord Injury Program | <https://icahn.mssm.edu/research/spinal-cord-injury> | Department of Rehabilitation Medicine, New York, NY (212) 659-9369 | * Food Assistance Programs: <https://www1.nyc.gov/assets/dsny/contact/services/COVID-19FoodAssistance.shtml> * Congregate & Home Delivery Meals: <https://www.health.ny.gov/health_care/medicaid/redesign/directories/chdm_providers.htm> * God’s Love We Deliver: <https://www.glwd.org> * NY Connects Agency: <https://www.nyconnects.ny.gov/contact-us> * Invisible Hands (Supply Delivery): <https://invisiblehandsdeliver.org> * City Harvest: <https://www.cityharvest.org/food-map/> * Stores with Custom Hours: <https://www1.nyc.gov/site/mopd/resources/supermarkets-offering-shopping-hours-to-high-risk-population.page> * Vitamins & Supplements: <https://health.mountsinai.org/blog/can-i-take-vitamins-and-supplements-to-boost-my-immune-system/> * COVID Emergency Kit: <https://health.mountsinai.org/blog/should-i-prepare-a-covid-19-emergency-care-kit/> * How to Stock Up & Eat Well: <https://health.mountsinai.org/blog/how-to-stock-up-and-eat-well-while-social-distancing/> |
| Northeast Ohio Regional Spinal Cord Injury System- Metro Health | <https://www.metrohealth.org> | Case Western Reserve University, Cleveland, OH (216) 778-8781 | * Cleveland Metropolitan School District Meal Pick-Up Program for students <18 years old: <https://www.clevelandmetroschools.org/Coronavirus> * Cleveland Heights-University Heights City School District Meal Pick-Up: <https://www.chuh.org/protected/ArticleView.aspx?iid=6GAUY20&dasi=3Y2I> * Local Restaurant Delivery: <https://www.keepcalm-carryout.com> |
| New Mobility | <https://www.newmobility.com/category/covid-19/> | Magazine for active wheelchair users | * Nutrition & Shopping Guide: <https://newmobility.com/2020/04/covid-19-nutrition-and-shopping-guide/> * 5 Strategies for Safe Shopping: <https://www.newmobility.com/2020/04/five-strategies-for-safe-shopping-in-the-time-of-covid-19/> |
| SCI Ontario | <https://sciontario.org> | [info@sciontario.org](mailto:info@sciontario.org)  416-422-5644 | * Nutrition & COVID: <https://sciontario.org/community/nutrition-and-covid-19/> |
| SCI BC | <https://sci-bc.ca> | [info@sci-bc.ca](mailto:info@sci-bc.ca)  [1 800 689 2477](tel:SCIBCInfoLine18006892477) | * Healthy Hummus, Tabouli, and Stews: <https://sci-bc.ca/hummus-tabouli-and-stews/> |
| Rick Hansen | <https://www.rickhansen.com> | [1-800-213-2131](tel:18002132131)  [info@rickhansen.com](mailto:info@rickhansen.com) | * Safe Shoppers Hours: Loblaws (7-8am), Save-on-Foods (7-8am), Safeway (8-9am) |
| Other Websites | * Academy of Nutrition & Dietetics: <https://www.eatright.org/coronavirus> * How to Keep Your Immune System Healthy: <https://www.eatright.org/health/wellness/preventing-illness/how-to-keep-your-immune-system-healthy> * Making Health & Nutrition a Priority During COVID: <https://nutrition.org/making-health-and-nutrition-a-priority-during-the-coronavirus-covid-19-pandemic/> * Eat Well, Live Well with Spinal Cord Injury (Book): <https://www.eatwelllivewellwithsci.com> * Everyday Nutrition for Individuals with Spinal Cord Injury: <http://sci.washington.edu/info/forums/reports/nutrition_2011.asp> * SCI & Your Immune System: Eating Healthy During COVID 19: <https://www.spinalcord.com/blog/sci-your-immune-system-eating-healthy-during-covid-19> | | |