**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>
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| 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>
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| 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/>
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| 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>
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| 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/>
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| SCI Ontario | <https://sciontario.org>  | info@sciontario.org416-422-5644  | * Nutrition & COVID: <https://sciontario.org/community/nutrition-and-covid-19/>
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| SCI BC | <https://sci-bc.ca> | info@sci-bc.ca1 800 689 2477  | * Healthy Hummus, Tabouli, and Stews: <https://sci-bc.ca/hummus-tabouli-and-stews/>
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| Rick Hansen | <https://www.rickhansen.com>  | 1-800-213-2131info@rickhansen.com | * Safe Shoppers Hours: Loblaws (7-8am), Save-on-Foods (7-8am), Safeway (8-9am)
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| 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>
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