



## Kurbo Work from Home Toolkit

Health and wellness are essential components to a happy and healthy life. With our routine changes now due to the COVID19 pandemic, more than ever, it's important for employees and their families to be supported in their wellness journey.

We're here to support you in elevating your culture of wellness. Below you'll find Kurbo resources to help uplift and encourage your employees during these times of change.

### What's included:

#### Article 1: [6 Planning Tips for Stocking up on Groceries](#)

With a little planning, you can keep your fridge and pantry well stocked for a couple weeks at a time without fear of food spoilage or sacrificing favorite meals. It's a tricky balance between purchasing healthy foods that everyone likes and concerns that fresh foods will go bad too quickly so here are a few of our pro tips to ensure a successful grocery trip that will please the entire family.

#### Article 2: [What to Buy: Long-lasting groceries to toss in your shopping cart](#)

Some foods last longer than others. With a little planning, you can continue to purchase your favorite healthy foods without fear that they will go bad.

#### Article 3: [Simple meals to make from foods in your pantry](#)

You went shopping and now you have a two week supply in your house. Now what? Keep it simple. Using whole foods and simple ingredients will fuel the body with the nutrition it needs. No need to get fancy. Here are some of our favorite recipes.

#### Article 4: [Strategies for Snacking at Home](#)

Considering the current environment, it is likely you are spending more time at home than you are used to which can disrupt your daily eating routine. With longer days at home and closer proximity to the kitchen, it's tempting to search for snacks, especially if we are stressed or bored. To combat these impulses, try these 5 tips.

#### Article 5: [Kurbo-friendly recipes to make with your kids](#)

Whether you're cooped up at home with kids or at a loss for screen-free activities to entertain little ones on weekends, food prep can engage everyone in your household—and make a meal more memorable. The key is choosing the right recipes and delegating fun, focused tasks to each family member.

#### Article 6: [5 workout strategies that help reduce stress](#)

According to the Mayo Clinic, almost any type of exercise can help relieve stress. This is because physical activity releases your endorphins, the neurotransmitters produced by the body that reduce stress and make you feel good. So, how do we get motivated to make physical activity a part of our daily routine? Check out these 5 Kurbo tips to motivate you.