

Eat This, Not That!

GROCERIES

15 Packaged Foods to Stock up on Right Now as Coronavirus Spreads

As coronavirus continues to spread across the U.S., it's important you are prepared in case you need to self-quarantine.



BY CHEYENNE BUCKINGHAM MARCH 4, 2020



Rachel Linder/Eat This, Not That!

The world is currently being plagued with the infamous coronavirus, and as more and more cases pop up in the U.S., we thought it was necessary for you to be equipped with a list of healthy foods to stock up on that you can easily store in your kitchen, as they won't perish quickly.

During a time of uncertainty like this when coronavirus is running rampant, you'll want to have your pantry stocked with nutritious canned, frozen, and other packaged products. Here are the best packaged foods to buy in the event coronavirus causes you to self-quarantine.

12 Bonafide Provisions Bone Broth



There are many health benefits of bone broth. Not only is it rich in collagen, but it also just tastes great and is very warming to drink. We love the taste of Bonafide's organic beef bone broth and you can drink it as is or make ramen or pho with it at home.