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**classienu** Eating While "#Sheltered-in-Place": When stocking your #food supplies, please don't forget #canned fish. Surprisingly, all are rich n protein, vitamin D, calcium, and heart-healthy omega-3 fats. We just had a delicious/nutritious #Red Salmon Salad on a Sesame Roll, w/spinach, sliced tomatoes and sliced fruit. #Staysafeandhealthy, m3mpr.



10 likes

MARCH 30

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