

# Tips for staying safe.

## GROCERY SHOPPING.



These are unprecedented times and we want to offer some tips on how to stay safe while you're at home with your family. Taking precautions to keep you and your family safe is critical now more than ever. Below are some tips to make your grocery runs safer.

### **Grocery Shopping: Best Course of Action = Ordering Ahead**

Ordering ahead decreases the amount of people you come in contact with, which decreases the transmission of COVID-19 through person-to-person spread.



**Use grocery delivery** as your first method of choice if possible. Grocery delivery involves the least amount of contact with others, thus minimizing your risk of transmission for COVID-19.

- If a delivery person arrives with your food, it is safest to avoid contact with them. Remember, always wash your hands before and after coming in contact with various surfaces.
- Coronavirus can be detectable for different durations on different surfaces.
  - Air: 3 hours
  - Copper: 4 hours
  - Cardboard: 24 hours
  - Stainless Steel: 2-3 days
  - Plastic: 3 days



**Use pickup services.** If delivery is not an option or not available where you live, instead of physically going into the grocery store to pick up essentials, use pickup services from popular grocery retailers. With pickup services, grocery staff pick and pack your products, so all you have to do is pull-up and let them take care of the rest. This option decreases the amount of people you have to come in contact with.

## If you must shop in store...



### Follow CDC guidelines around staying safe during this pandemic, which include:

- Putting distance between yourself and other people if COVID-19 is spreading in your community (that means keeping a distance of 6 feet away from other people).
- Cleaning AND disinfecting frequently touched surfaces daily. In the grocery store, that means grocery carts, baskets, food displays, handles, checkout registers, and displays.
- Wearing a face mask or face covering made of cloth in public settings. Note: The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders.
- Covering your coughs and sneezes
- Avoid touching your face
- Finding ways of getting food brought to your house through family, social, or commercial networks, especially if you're in a group deemed vulnerable to COVID-19.



**Come prepared.** Bring your own disinfecting wipes to wipe down high-touch surfaces (cart handles, shopping baskets, door handles). Don't rely on grocery stores to provide wipes, as by the time you get there they might've run out of them.



**Have a game plan.** At home, make a game plan that consists of:

- The list of items you need
- The fastest, most efficient route of getting those items
- Optimal times to shop (aka times when store is least busy). Remember, many stores offer special hours for senior (60+) shoppers.



**Check yourself out.** Use the self-check-out lanes whenever possible. This reduces the amount of touches to your own items and limits the chance of spread between you and a cashier.



**Stock up.** You don't want to wait until you're out of food to make a store run. Stocking up ensures you're planning for a time when you'll have to stay at home for a prolonged period of time. When stocking up, consider food items that have nutritional value and a long shelf-life. Items to consider might include:

- Fruits and vegetables: dried, canned, frozen
- Protein: eggs, canned legumes (chickpeas, beans, lentils), meats you can freeze, and nuts
- Grains: pasta, crackers, cereal, popcorn

## Once you have your groceries...

**Disinfect all nonporous containers:** this goes back to COVID-19 living on surfaces.

**Disinfect any surface your bags touched.**

**When possible, transfer food items to your own storage containers,** and throw away the grocery packaging and materials, (e.g., paper or plastic bag, plastic containers, receipts, etc.).