

# Safe Grocery Handling



BEFORE going to the grocery store:

- Plan for a trip to the grocery store once a week or less to minimize your exposure to COVID-19; COVID-19 mainly spreads from person to person in situations where it's hard to maintain social distancing, like the grocery store.
- Make a list: write the items you need in groups, according to where you find it at the grocery store. In this way you can be faster and finish your shopping sooner. Use a paper list to avoid touching your phone, and if possible, get rid of your paper list as you exit the store
- If you need to, wear a face mask before leaving the house. Remember not to touch it until you come back home; grab the sides and slide it out of your face and dispose it.
- Bring with you hand sanitizer (if you have it).

AT THE GROCERY STORE: “Get in and get out as quick as possible”

- Follow the instructions and safe measures of the grocery store
- Keep a 2 meter (6 feet ) distance from other people at all times
- Wipe the handle of the cart with hand sanitizer and paper towels or a Kleenex and wipe your hands with hand sanitizer.

- Avoid touching your mouth, nose, or face while shopping. Also avoid touching your phone.

**COMING BACK HOME:**

- As you enter your house, hold the face mask from the sides, do not touch the centre, and take it out of you face. Dispose it. Wash your hands thoroughly with soap and water.
- Bring your groceries to your house, place them on the floor. Wipe them down with a wet cloth or disinfectant wipes and put them away.
- Collect all the plastic bags and keep them in another area or in the garage.
- Wash your hands thoroughly again.
- Fresh produce: make sure you rinse fruits and vegetables before eating it.
- Always wash your hands before eating or preparing food.

In short, remember:

<b>BEFORE LEAVING</b>	<b>AT THE GROCERY STORE</b>	<b>COMING BACK HOME</b>
Make a list Put a face mask if you need to	Wipe the handle of the cart Keep a 6 feet distance In and out as quick as possible Do not touch your face or phone	Take out the face mask (from the sides) and dispose it Wash your hands Put away your groceries Wash your hand again. Wash fruits & vegetables before eating them

*Adapted from: Nutrition Action. For more information, visit:*

<https://www.nutritionaction.com/daily/immunity/our-tips-for-buying-and-preparing-food-during-the-coronavirus-pandemic/>