



Grocery Shopping Checklist

During COVID-19



Before

- Minimize trips to the store and go alone if possible** - once per week is okay, but less often is better.
- If you're feeling sick or have been near someone who is sick, stay home.** Consider using a delivery service or asking someone you know to bring you groceries.
- Over 60? Call grocery stores** in your area to ask about special shopping hours for seniors.
- Have your own bags? Check with your store** to see if they are allowing reusable bags.
- Pack hand sanitizer and disinfectant wipes**, if you have them.
- Put on a face mask** before leaving the house.



During

- Identify and follow the store's instructions on safe shopping** - this may include flow direction arrows on the floor and markings in the checkout line.
- Consider wearing gloves.***
- Maintain 6 ft distance from other shoppers.**
- Keep your face mask on**, and don't touch your face or the mask.
- Wipe down the cart or basket handle with disinfectant.**
- Buy only as much as you need for 1-2 weeks** to help stores stay well stocked.
- Do not touch items that you are not buying** - especially produce.
- When checking out, use touchless payment** when possible.

*If you use gloves, consider the following:



- Treat the outside of the gloves as if they are contaminated - do not touch your face or phone while wearing gloves, and wash or sanitize your hands after taking them off.
- Remove gloves when you have exited the store and have the ability to wash/sanitize your hands.
- If wearing disposable gloves, throw them in trash cans, not on the ground.
- If wearing reusable gloves, make sure to wash/sanitize them after use.



After

*There is no evidence of anyone catching COVID-19 from food or food packaging, **BUT** there is evidence that the virus can remain on surfaces for varying amounts of time.*

- Wash/sanitize your hands before removing your mask** and unpacking groceries.
- Take off your mask from the earpiece or tie** to avoid touching your face.
- Unpack your groceries** and be careful not to touch your face.
- Wash/sanitize your hands again after unpacking groceries.**
- Disinfect countertops and home surfaces** that have been in contact with grocery bags.
- If you want to save plastic bags, disinfect them on the inside and outside.** Cloth bags should be washed in warm water with detergent after every use.
- Wash produce before eating.** Do not use dish soap, detergent, or disinfectant for produce.

