



Grocery Shopping Checklist

During COVID-19



Before

- Minimize trips to grocery store** – once per week is okay, but less often is better.
- If you're feeling 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** – these 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.



After

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

- Wash/sanitize your hands before 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.