Grocery Shopping Checklist
During COVID-19

Before
- Minimize trips to the grocery store - 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 you are wearing reusable gloves, make sure to wash or 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.

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