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.

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