



March 27, 2020

Safety Guidelines for Grocery Shopping, Delivery, and Sanitizing during COVID-19 Pandemic:

You can watch this short [video](#) with simple, yet important, guidelines for shopping and delivery. You may also want to watch this other [video](#) with steps on how to sanitize your groceries at home. Below you will find a list of steps to protect yourself and others from contamination.

Grocery Shopping:

- Stand six feet away from others.
- Use sanitizing wipes to wipe down the grocery cart or basket that you will use inside the store. Throw away the wipe after use.
- Open fridge doors using a sanitizing wipe and avoid touching any handles
- If possible, try a virtual payment system (Google Pay, Apple Pay, etc) to avoid contact with surfaces.
- Use hand sanitizer after leaving the store and don't forget to sanitize your phone.
- Carefully wash your hands with water and soap for 20 seconds after shopping.
- Avoid touching your face at all times.

Grocery Delivery:

- Avoid direct handoff
- Arrange to have items delivered to the person's doorstep.
- If the SFV member is unable to lift grocery bags and the volunteer brings groceries into the member's home, please remain 6 feet apart at all times and sanitize any surfaces or handles you may have touched in the process.
- Preferred Payment Method: call member with amount of order after the shopping is done. Member can have a check ready and exchange with volunteer in one of three ways: 1) slip under door when volunteer rings bell; 2) volunteer rings bell, member opens door, leaves check on the ground or a table and maintains 6 feet of distance; 3) leave check or cash in envelope under doormat or in mailbox. It's better not to exchange cash at all, but if necessary, please have small change ready if possible. No contact cash exchange.



Groceries at your Home:

- Throw away any disposable bags that were used to deliver your groceries. If reusable bags were used, disinfect them inside and out. Cloth reusable bags should be washed in hot water.
- Cooking kills the virus, but any fresh produce consumed raw should be carefully washed with cold running water. There is no need to use soap when washing fresh fruit or vegetables.
- Containers should be washed with water and soap, or wiped with sanitized with disinfectant, before placing them in the fridge or storage.
- Disinfect counters and any other surfaces touched by the bags.
- Wash your hands with soap for 20 seconds after putting away your groceries.

Sources:

Centers for Disease Control and Prevention (March 6th, 2020) Coronavirus Disease 2019- COVID-19: Clean & Disinfect. Retrieved from:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html>

Harvard T.H. Chan (March, 26th, 2020) Food safety, nutrition, and wellness during COVID-19. Retrieved from:

<https://www.hsph.harvard.edu/nutritionsource/2020/03/25/food-safety-nutrition-and-wellness-during-covid-19/#Grocery>