WHAT DO I DO WITH MY GROCERY BAGS?

• If using plastic or paper, throw them out
• If using reusable bags, leave them outside for at least 3 days or completely disinfect them

YMCA SOUTHCOAST

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VIRTUAL OFFICE HOURS
Mondays & Tuesday 9:30–10:00am
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SAFE GROCERY SHOPPING DURING COVID-19

How to make sure groceries are the only thing you bring home from the store.
GOING TO THE STORE OR FOOD PANTRY

• If you can use a grocery delivery service, this will reduce sharing or spreading germs with others by going to the store

• If older than 60 years of age or are immunocompromised, use a grocery shopping service like Peapod or Instacart or ask a younger, healthier loved one to grocery shop for you

• When in the store, wear a mask and gloves and wipe down your cart/basket

• Stay 6 feet away from other individuals

• Touch only what you intend to purchase

• Include items that have a long shelf life to reduce number of trips you must take to the store

BEFORE YOU BRING ITEMS INTO YOUR HOME

• If using grocery shopping service, ask them leave groceries outside house to minimize contact

• If you can, leave non-perishable items in car, garage or covered space outside of your home for at least three days. This is because COVID-19 can live on cardboard for 1 hour and plastic and metal for up to three days

BRINGING ITEMS INTO YOUR HOME

• If you must bring items into your home right after shopping, first make space to disinfect items

• Fully saturate paper towels with disinfectant spray or use disinfectant wipes

• Completely wipe down countertop or table in which you will be putting your groceries, then use tape to divide the space into a “cleaned items” side and a “dirty items” side.

• Properly wash hands with warm water and soap for at least 20 seconds

• Place all grocery bags on dirty side

HOW TO CLEAN ITEMS

• Using disinfectant wipe, thoroughly wipe down each packaged item

• Another option is to empty products into cleaned containers, such as Tupperware or Ziplock bags. For example, a bag of rice can be emptied into a large Ziplock bag or a package of cookies can be transferred to a Tupperware container

• For products that are bagged inside another container (i.e. pancake mix, cereals). Take the inner bag out and throw the outer container out. The inner bag is clean since it hasn’t been touched by anyone for more than a few days

• If you have produce in a plastic bag (i.e. carrots), you can wipe down the plastic bag or empty the produce directly into your fridge in the vegetable crisper or clean container

• For loose produce, wash each fruit or vegetable like you would wash your hands – warm soapy water for at least 20 seconds, rinse and dry

• Some strains of COVID-19 can survive for up to 2 years in freezer so you must clean frozen foods too. Wipe down the container/bag, take it out of the outer packaging and/or put into a clean container before putting into your freezer