

Grocery shopping and eating safely

The risk of catching COVID-19 through food is low. However, it is still important to follow Santé publique's recommendations while grocery shopping and cooking.



If you're sick or self-isolating:

Don't leave home if you have any of the following symptoms: fever, cough, difficulty breathing, sore throat, nausea, vomiting, headache, muscle aches, diarrhea, intense fatigue, loss of sense of smell or taste.



Ask someone to do your grocery shopping for you. A family member, neighbour or friend can leave your purchases outside your door.



Order online, if possible. Many grocery stores and other organizations offer home delivery services. Expect a few days' delay for delivery.

1

Before going to the grocery store



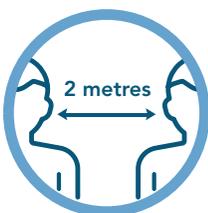
Make a grocery list. This will allow you to shop more quickly and spend less time in the store.



Take a picture of the inside of your refrigerator to avoid buying food you already have.



Wear a mask or face covering.
A mask or face covering does not replace: washing your hands, physical distancing and self-isolating at home.



How to wear a mask or face covering

1. Wash your hands **before** and **after** putting on a mask or face covering.
2. Place it over your nose and mouth, ensuring it fits snugly against your face.
3. Avoid touching it once it's in place and don't touch your face.
4. Change it as soon as it becomes damp, dirty or damaged.
5. Only handle the elastics or ties when removing it – don't touch the front.
6. Don't share it with other people.
7. **Discard or wash it after each use.** Don't forget to wash your hands.

2 At the grocery store



Shop alone: many businesses are only allowing one adult at a time.



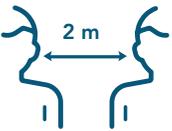
Comply with the store's instructions.



Only buy what you need: many stores are limiting the number of items per customer.



Only touch products that you're going to buy.



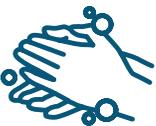
Keep a distance of at least 2 metres from other people (about the length of 2 large grocery carts).



Always cough and sneeze into the crook of your elbow.



Pay with a credit or debit card, if possible.



Wash your hands with soap and water or alcohol-based hand sanitizer as often as possible.

Emergency food aid

Several organizations offer food aid or assistance services.



Social and community resources:
call 2-1-1

Information and reference services, available in more than 200 languages, that will quickly direct you to the appropriate community organization or service that will meet your needs.

In partnership with:

3 When you return home from the grocery store



Place your grocery bags on the floor in the entryway. Do not place them on the kitchen counters or table.



Wash your hands with soap and water or alcohol-based hand sanitizer before and after putting your food away.



It is not necessary to clean all your purchases. For example: for food in cardboard boxes, you can empty the contents into a different container and recycle the packaging.



If you use reusable grocery bags, they should be machine- or hand-washed with soap and water after each use.

When cooking...

- Wash your hands with soap and water before and after cooking.
- Wash all fresh fruits and vegetables with water before eating. It is not necessary to wash them with soap.
- Use soap and water to wash the counters and all surfaces used before and after preparing meals.
- Wash your hands before and after eating.