COVID-19 RESOURCE
SHOPPING FOR FOOD

AT STORE
• Wear a cloth face mask
• Look for sanitizer wipes to wipe your cart or basket
  • Stay 6 feet from others at all times
  • Touch only the items you have to touch
  • Don’t touch your face while in the store
• Afterward, wash your hands or use hand sanitizer

AT HOME
• Place your bags on the countertop and put food away
  • Don’t leave food sitting out that may spoil
• Afterward, clean the countertop and wash your hands
• Clean fruits and vegetables with cold running water (no soap), dry with a paper towel before eating

#FlattenTheCurve
vt.edu/ready
Source: Robert Williams, Department of Food Science & Technology, College of Agriculture & Life Sciences, Virginia Tech