

NEWS RELEASE

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COVID-19 and Grocery Shopping

Grocery shopping can be stressful during the COVID-19 pandemic. Here are some tips to help alleviate stress and minimize your exposure to coronavirus before, during, and after shopping.

- Plan your meals in advance and make a grocery list in the same order as the grocery store layout. Not sure what you want to cook for the next week? Stock up on nutrient-rich foods from each food group:
 - Lean Protein – eggs, dry/canned beans, chicken or other lean meats
 - Whole Grains – cereals, pasta, rice, tortillas, bread
 - Vegetables and Fruits – a colorful variety of seasonal fresh, frozen, and/or canned options
 - Low-Fat Dairy – milk, yogurt, cheese
- Wear your mask properly (not just as a chin guard) and practice social distancing (at least 6 feet) while shopping. Wipe down your grocery cart or basket handle using store-provided or your own wipes. Stick to your grocery list to get through the store quickly and efficiently.
- Wash your hands with soap and water for 20 seconds upon returning from the grocery store, and again after unloading the groceries. While there is no current evidence that COVID-19 is transmitted through food or food packaging, viruses may survive on surfaces and objects. This reinforces the need for proper hygiene and food safety practices.
- Sanitize high-touch surfaces such as food preparation areas, handles on the refrigerator, freezer, and microwave, and doorknobs.
- Don't forget to wash or use disinfectant wipes to clean your reusable grocery bags before your next shopping trip.



Taking extra precautions can help keep you, your family, and others safe. For more information regarding COVID-19 and grocery shopping, visit <http://fda.gov>.

Adults and children participating in the *Let's Eat Healthy!* Program are learning about food safety and healthy living habits. For more nutrition or program information, please visit our website at <http://ucanr.edu/sites/letseathealthy>. "Like" us on Facebook for additional tips and updates at CalFresh Healthy Living, UCCE Placer/Nevada Counties.

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