



Tips for Safe Food Shopping & Preparation

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Sanitize your shopping cart! Use the wipes that grocery stores are providing at entry. Scrub down the handles of your cart.

What about produce? You can grab a plastic produce bag, put your hand inside, and use that to pick up something like a head of lettuce. Then drop it into another bag and seal it up. Use the produce bag(s) kind of like a glove.

Skip the salad bar. Sneeze guards are not enough protection at this time.

Consider using your own shopping bags

These bags can be washed immediately after use and ready for the next visit. If you choose instead, to use disposable bags, [check this out for more guidance](#).



Wash your hands, kitchen surfaces, and food. Wash your hands after returning home from the grocery. Wash your hands before and after you handle food. Wash countertops and utensils with hot soapy water between food items, especially raw meats, fish, and poultry. Wash fresh fruits and vegetables thoroughly before you eat or cook them. Clean the tops of cans before you open them. These are normal precautions, but this may be a good time for a refresher. Here is some [more great information for food safety during this time](#).

What about take-out food? During this uncertain time, it is important to follow CDC guidelines along with all local regulations. It is also important to support small local businesses. [Here is some great information about take-out and delivery foods](#).

What the heck should I cook? These times are a great reminder of how important it is to have back up plans, or strategies to use pantry foods for quick, easy and nourishing meals. Everyone has a few examples that they rely on but may be growing tired of the same old thing. To that end I'd like to point you in the direction of some inspiration! I am a big fan of Budget Bytes and she's compiled a list of [15 pantry recipes](#). Smitten Kitchen's blog is one of my favorite recipe.

Wash your hands, and be well!