

A Rookie's Guide to Grocery Shopping During a Pandemic

Checklist

BEFORE YOU LEAVE FOR THE GROCERY STORE

- If possible, order online for either non-contact delivery or in-store pickup.
- If possible, limit your *"in-store"* grocery shopping to every two weeks (or longer).
- Don't shop during peak hours and don't shop on the first three days of every month.
- Make a two-week meal plan based on ingredients you have on-hand.
- Write your grocery shopping list on a piece of paper.
- Don't plan on paying for your groceries with cash. Take a credit or debit card.
- If you are taking your own cloth grocery bags, be sure they are clean.
- Clean out the trunk of your car, if needed.
- Clean your kitchen countertop with disinfecting spray.
- Designate one area of your kitchen counter as *"clean"* and another area as *"dirty."*
- Place a change of clothes and shoes near the entrance of your home.
- If you have long hair, tie it back or put it in a bun.
- Put these things in your pockets:
 - ✓ Small package of disinfecting wipes.
 - ✓ Small bottle of hand sanitizer.
 - ✓ A pair of disposable gloves.
 - ✓ Non-medical, homemade face mask.
- If you have safety glasses, bring those on your shopping trip.
- Bring a small brown paper bag (lunch bag).
- Go to the grocery store alone; do not take the kids.
- Thoroughly wash your hands before you walk out the door.

WHEN YOU ARRIVE AT THE GROCERY STORE

- If there is a crowd or a long line, go home and come back another day.
- Park far away to help maintain social distancing.
- When you get out of the car, put on your gloves and face mask.
- Make sure these things are in your pocket:
 - ✓ Hand sanitizer
 - ✓ Disinfecting wipes
 - ✓ Your credit/debit card
 - ✓ Your car keys
- Wipe down your shopping cart with a disinfecting wipe.

SHOPPING INSIDE THE GROCERY STORE

- Keep 6-foot social distancing recommendation at all times.
- If you don't have disposable gloves, head over to the produce aisle and get two disposable produce bags to use as gloves.
- Don't sniff or squeeze the fruit and vegetables; commit once you have chosen something and don't put it back.
- Choose frozen foods wisely based on your freezer space.
- Respect the maximum limits on certain products imposed by your grocery store.

HOW TO MANAGE THE CHECKOUT LINE

- Review your shopping list before you get in the checkout line to make sure you got everything on your list.
- Use the self-checkout, if you can. Wipe down the self-checkout station with one of the disinfecting wipes
- As you bag your groceries, try to group your items together in like categories. For example:
 - ✓ Fresh fruits and vegetables
 - ✓ Fresh meat, chicken and seafood
 - ✓ Frozen things
 - ✓ Bakery goods
 - ✓ Boxed food
 - ✓ Cleaning supplies
 - ✓ Paper products
 - ✓ Personal products
- If at all possible, don't use cash. Use a debit or credit card that you can wipe with a disinfecting wipe after each use.

WHAT TO DO WHEN YOU'VE LEFT THE GROCERY STORE

- Rip up the receipt and throw it away; and, throw away your grocery list.
- Take off your gloves and discard them, too, in the outdoor trash can.
- Walk to your car, maintaining the 6-foot social distancing directive.
- Load your groceries into the trunk. Do not put your groceries in the front seat or back seat of your car.
- When you get in the car, remove your mask and put it in the brown paper bag that you brought with you.
- When you get into your car, get out your hand sanitizer and use it.
- Wipe down your credit or debit card with a disinfecting wipe before you put it back in your purse or wallet.

WHAT TO DO WHEN YOU ARRIVE HOME

- Change your clothes & shoes using the change of clothing that you left near your door.
- Put all your dirty clothing immediately in your washing machine and start a load.
- Bring in your mask in the brown paper bag. If homemade, throw it in the wash, too.
- Open your trunk and find the bag with the frozen food.
- Take that into your home and place the grocery bag on the “dirty” side of the counter.
- Remove the frozen items from the bag and place the boxes and bags on the “dirty” section of the countertop.
- Throw away the grocery bag (if a homemade cloth bag, throw that in the wash).
- Wash your hands.
- Using a disinfecting wipe, wipe the frozen items and put this food into your freezer.
- Continue cleaning your groceries bag by bag, placing grocery bags on the “dirty” side, cleaning and washing the items in the bags, then moving them to the “clean” side:
 - ✓ Dairy products
 - ✓ Fresh meat, chicken and seafood
 - ✓ Fresh fruits and vegetables
 - ✓ Bakery goods
 - ✓ Boxed food
 - ✓ Cleaning supplies
 - ✓ Paper products
 - ✓ Personal products
- Put your “clean” groceries away, into your freezer, refrigerator and pantry.
- Wash your hands.
- Clean both sides of your kitchen countertop with disinfecting spray.
- Wash your hands again. Your hands can never be too clean.
- And, if you feel the need (based on your exposure inside the grocery store), go take a shower and put on fresh clothing again.

