LIVING WITH COVID-19
HOW TO BUY YOUR GROCERIES
If you can, opt for a home delivery. Otherwise arrange for a pick-up of pre-packed items.
When visiting the grocery store or supermarket: wear gloves | carry your cloth bag | wipe down the cart or basket handles with disinfectant wipes, wash your hands or use hand sanitizer when you’re done | only touch items you intend to buy.
Set up a cleaning station to avoid contaminating your food or other surfaces in your house.
Wipe down all packaged items with a disinfectant wipe before storing them.
Discard disposable packaging in a closed bin and store food in a clean bag or container.
Leave fruits and vegetables out in the open for a few hours. Then clean them thoroughly with running water before consuming or storing in the refrigerator.
WASH BAGS

Wash the cloth bags before using again.