

PURCHASING, PREPARING, & EATING FOOD



Evidence informed advice

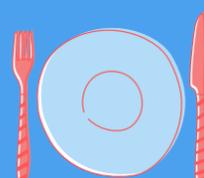
PURCHASING

- No known cases of COVID-19 have been transmitted through food or grocery packaging.
- Under specific experimental conditions which are different from those in your home, COVID-19 disappears at different rates from plastic, cardboard, metal and copper.
- Consequently, there is a theoretical and very small risk of COVID-19 transmission from food packaging which would involve several factors occurring simultaneously.* Even if all of these happened, the risk of disease transmission is thought to be very low.
- It is unnecessary to leave food or other packaging outside your home before bringing it into the house.



PREPARING

- After putting groceries away, disinfect the area where food packages were placed.
- Wash hands for 20 seconds before and after handling food packaging and before, during and after touching, preparing or handling food.
- Sanitizing each item in your bag of groceries is unnecessary. It is more important to stay home if you are sick, cover your cough or sneeze, practice physical distance and wash your hands a lot; however, if sanitizing your groceries is important to you, a video outlines this process.



EATING

- There is no evidence that COVID-19 is transmitted through fresh produce even if eaten raw. All vegetables and fruits should be washed and scrubbed under cold running water, including peeled fruits and vegetables.
- DO NOT prepare food for anyone but yourself if you have any symptoms that might be from COVID-19.
- Cooking at normal temperature inactivates the virus.
- No COVID-19 transmission is known to have occurred from picking up restaurant food or using food delivery services as long as you practice physical distance. Whenever possible, use curbside pickup, ask delivery personnel to leave the food outside your door and pay over the phone or use the tap feature on your credit card.



***Can I get COVID-19 from food packages?**

In theory, yes but there are no documented cases of this. Let's see how. Jess, who stocks groceries at your local store, was diagnosed with COVID-19. While stocking the shelves, she blew her nose but didn't wash or sanitize her hands. For you to have any chance of catching her infection, you would have to - within 24 hours - touch the same place of the box where she did, capture enough of the virus particles to infect you and touch your mouth, nose, or eyes to transmit it. If you or Jess washed or sanitized your hands, the chain of transmission would be broken.