

COVID-19 Self-Quarantine

Food Safety and Readiness

Make sure to have a two week supply of groceries on hand. This will help with social distancing by minimizing trips to the store.

- Healthy foods to stock up on include:
 - Fresh and frozen meat
 - Chicken
 - Eggs
 - Fish
 - Plant based sources of protein like beans/legumes.
- **Canned and frozen vegetables** should also be stocked. They are picked at peak freshness and the nutrients are locked in and can be used after your supply of fresh fruit and veggies run out.
- Grains: oatmeal, rice and pasta, whole wheat bread and crackers.
- Broths, spices, diced tomatoes can help you turn your ingredients into meals.

While there is no evidence that you can get coronavirus from food, it is important to wash produce well before using.



The Food and Drug Administration reports that there is no evidence of food or food packaging being associated with transmission of COVID-19.



However, here are four simple steps to help prevent foodborne illness:

1. Wash hands for 20 seconds with soap before, during and after preparing food.
2. Separate raw meat, poultry, seafood from other foods while grocery shopping and in the fridge.
3. Cook to the right temperature. Go to www.CDC.gov/foodsafety/keep-food-safe.html for detailed list of foods and safe temperatures.
4. Never leave perishable food out for more than 2 hours and never thaw frozen food on the counter.

