



CITY OF MARLBOROUGH

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COVID-19 FOOD SAFETY TIPS

GROCERY SHOPPING (please remember: no reusable bags)

- Try to go on off-hours or a non-busy time
- Senior-only hours are available at some grocery stores
- Consider curbside pick-up of groceries if available or even delivery
- Wear a scarf or bandana around your face and avoid touching your face
- Wear gloves if available
- Maintain at least a six-foot distance from other shoppers
- Consider self-checkout if feasible
- Keep sanitizing wipes or sanitizing gel in your car
- After placing bags into your car, dispose of gloves and sanitize your hands
- Sanitize door handles and keys



GROCERY HANDLING (after shopping)



After removing groceries from your car,

- Place on a hard surface area in your home that can be cleaned
- Remove all groceries from bags and place on an adjacent clean space away from bagged items
- Wash hands between contacts with bags or grocery containers
- Place brown bags in the sun and/or outdoors/garage if able for 24 hours or dispose

- Wash produce with cool water in a clean bowl
- Use a scrub brush on rough textured produce like potatoes
- Wipe dry with clean paper towels
- Wipe cans, bottles, containers, anything non-porous with a or disinfectant wipe
- For other items, keep shelf stable items like boxes unused for 2 days. Repackage any if feasible
- For a bleach solution to wipe down counters, use 4 tsps. bleach in 1-quart warm water
- After putting away your groceries, wash your hands for 20 seconds with warm soapy water



soapy cloth

TAKEOUT (safe food handling tips for takeout)



After arriving home,

- Place takeout items on a surface that can be cleaned
- Using household utensils remove food from all takeout containers and throw containers in the trash, place food on household wares

COVID-19 FOOD SAFETY TIPS

- Wipe down areas where takeout food had been placed
- Wash your hands for at least 20 seconds with warm soapy water before consuming food with clean sanitized utensils
- For hot food, reheat in oven or microwave until piping hot in all areas.