

ADVICE FOR BUYING AND PREPARING FOOD

COVID-19 PANDEMIC

APRIL 2ND
2020



1 CAN FOOD SPREAD THE COVID-19 VIRUS?

There is currently no evidence that food can spread the COVID-19 virus to people.

However, it is possible to get COVID-19 if you touch a contaminated object or surface then touch your mouth, nose or eyes.

Therefore, it is important to remember that **proper hygiene** can help reduce the risk of infection or spreading infection to others



- Wash your hands with soap and warm water for at least 20 seconds prior to preparing food and eating
- Wash fruits and vegetables under running water before eating them
- Cough or sneeze into the bend of your arm (elbow)

2

Before going to the grocery store

- Plan your meals looking at what you already have at home
- Prepare a grocery list considering your needs. This will allow you to reduce the number of shopping trips, make shopping easier, shorten the time spent in the grocery store and decrease shopping costs.

At the grocery store

- Clean your shopping cart/basket as advised by the store
- Wash your hands (when entering and leaving the store)
- Respect social distancing (a conscious effort to keep physical distance between each other. Keep a distance of at least 2 metres from other people including employees as much as possible)
- Respect respiratory hygiene/cough etiquette (coughing and sneezing into the bend of your arm/elbow)
- Avoid touching food. Make your choice with your eyes rather than handling many items
- Pay for your items: try using a debit/credit card as much as possible to avoid any contact *

STEPS TO BUYING AND PREPARING FOOD



3

BACK AT HOME...

- No need to clean or wash all your items
- Apply the **proper hygiene rules** by washing fruits and vegetables under running water before eating them
- **Wash your hands often**



- **AS SOON AS YOU GET BACK HOME**
- **AFTER PUTTING YOUR GROCERIES AWAY**
- **BEFORE PREPARING FOOD**
- **BEFORE EATING**

- Clean and sanitize frequently touch surfaces in your kitchen (tables, counters, sinks etc.) with usual products

4

**SUGGESTION :
USING
BLEACH**



**To clean
object or
surface !**

- **4 teaspoons (20 ml) of bleach in 1L of water**
- **It is advised to change the cleaning solution every day.**

References :

MAPAQ. (April 2nd 2020). COVID-19 – Questions&Answers for Mapaq clients
https://www.mapaq.gouv.qc.ca/fr/Avis_Publicite/Pages/COVID-19_QuestionsReponses.aspx (en ligne).

ACIA. (April 2nd 2020). Latest CFIA information for consumers on food and animal health – COVID-19.
<https://www.inspection.gc.ca/covid-19/questions-and-answers/eng/1584648921808/1584648922156> (en ligne).

* Please note that instructions may vary from store to store but these are generally accepted rules.



Direction régionale de santé publique Gaspésie–Îles-de-la-Madeleine