

COVID-19 CONSUMER TIPS

Guidance for Food Delivery, Pickup and Grocery Shopping



Since food businesses have been transitioning from dine-in to a delivery/ takeout option, we've put together some safety considerations and tips.

1 FOOD DELIVERY



- > Make sure you have gloves and a mask available for handling and dishing out food, per the recommendation of the Centers for Disease Control and Prevention (CDC)
- > Let delivery person know where they should leave your food and to let you know when it has arrived
- > Once home, using your gloved hands if possible, place your food containers on a counter area you can later sanitize
- > Put food on a plate from the container and then throw the container and bag away, using your gloved hands. Remember to put any utensil you touch with your gloved hands in the dishwasher; don't use it to eat your food.
- > Throw your gloves away and wash your hands for 20 seconds before touching anything else
- > Reheat food to 165° F (74° C) in the microwave, on the stove or in the oven
- > Sanitize the counter or other surfaces the bag or food container touched

- > When picking up food, keep sanitizer in your car
- > Use a plastic card or pay via your phone; sanitize your card and phone after payment
- > Once home, using your gloved hands if possible, place your food containers on a counter area you can later sanitize.
- > From the container, put food on a plate and then throw the container and bag away, using your gloved hands. If you use a utensil to scoop the food onto a plate with your gloved hands, don't use that same utensil to eat your food.
- > Throw your gloves away and wash your hands for 20 seconds before touching anything else
- > Reheat food to 165° F (74° C) in the microwave, on the stove or in the oven
- > Sanitize the counter or other surfaces the bag or food container touched

3 FOOD SAFETY TEMPERATURES



- > Cook all foods to the proper temperature:

Whole or ground poultry	165° F (74 °C)
Ground meats (other than poultry)	160° F (71 °C)
Fresh fin fish	145° F (63 °C)
Fresh pork, beef, veal	145° F (63 °C) with a three-minute rest time

2 FOOD PICKUP

- > Make sure you have gloves and a mask in place per the recommendation of the Centers for Disease Control and Prevention (CDC)

- > Chill foods, as quickly as possible, to 40° F (4° C) placing them in a container so the food is no higher than ½"-1" so they can cool properly. You can also place items in the freezer to chill them faster.
- > Reheat foods so that they reach 165° F (74°C), checking the temperature in several places, then serve immediately
- > If food is being stored hot, ensure it is kept above 140° F (60° C) and is regularly monitored

4 CLEANING & DISINFECTION

- > Cleaning is important to remove visible soils and stains from surfaces, dishes, pots, pans and utensils.
- > To sanitize, you may use a store-bought disinfectant (be sure to follow the directions for sanitizing) or make a bleach solution, using 5 tablespoons (1/3 cup) bleach per gallon of water or 4 teaspoons bleach per quart of water. Soak items or surfaces for one minute. Rinse thoroughly and allow to air dry.
- > Ensure you are disinfecting high-touch surfaces (like keys, purses, cell phones, tables, etc.) with an alcohol sanitizer containing at least 70% alcohol



5 HANDWASHING



COVID-19 can be effectively controlled by regular, effective handwashing. Use water, then soap and scrub for 20 seconds. Rinse thoroughly and dry hands completely.

6 GROCERY, SUPERMARKET SHOPPING

When shopping for groceries or essential items, remember to use a delivery or pickup option whenever available. Keep in mind these four easy-to-do steps when you arrive home:

1. Leave your shoes outside or in your garage, if possible
2. Change your clothes and put outdoor clothing in the laundry using the hottest setting
3. Ensure you are disinfecting high-touch surfaces (like keys, purses, cell phones, tables, etc.) with an alcohol sanitizer containing at least 70% alcohol
4. Wash your hands with soap and scrub for 20 seconds. Remember to rinse and then dry your hands thoroughly.

WHEN TO WASH PRODUCE

Pre-packaged produce that is in an open package or does not specifically state it has been pre-washed should be washed before consuming. Wash produce in a colander to help avoid cross-contamination from the sink surface. It isn't necessary to re-wash pre-packaged produce provided that the package is tightly sealed and the label indicates that it was pre-washed and is ready to eat.

We do not recommend using soap to wash produce. It can leave a residue that can make you sick if not rinsed off completely.

For more consumer tips, visit [nsfconsumer.org](https://www.nsfconsumer.org)

We Care. We are here to help.

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