



COVID-19 AND FOOD SAFETY FAQ

IS CORONAVIRUS A CONCERN AT GROCERY STORES?

CDC, FDA and USDA are not aware of any reports at this time that suggest COVID-19 can be transmitted by food or food packaging. Current evidence shows the biggest risk of transmission of COVID-19 is being around individuals who are symptomatic (and to a lesser extent, infected but not showing symptoms.)

Food businesses should be following employee health policies and local health department recommendations to keep these individuals home.

CAN I GET SICK WITH COVID-19 FROM TOUCHING FOOD OR PACKAGING IF THE VIRUS WAS PRESENT ON IT?

- There is no indication that food packaging material has served in significant connection to virus transmission.
- If concerned, handling of food packaging can be followed with handwashing and/or using hand sanitizer.

HOW SHOULD PRODUCE BE HANDLED?

- Consider using hand sanitizer before and after selecting produce items.
- Avoid touching multiple produce items when making selections.
- As per good food handling practices in general, wash hands before food preparation or eating, avoid touching the face and consider supplementing handwashing with the use of hand sanitizer.

WHAT STEPS CAN I TAKE TO MINIMIZE RISK WHEN SHOPPING AT THE GROCERY STORE?

- Use hand sanitizer when entering stores, and wash hands and/or use sanitizer as soon as possible after leaving.
- Wear a cloth face covering while shopping.
- Try to maintain social distancing as much as possible while shopping.
- Avoid touching surfaces or items unnecessarily and avoid touching your mouth, nose or face.
- **Do not go shopping when showing symptoms or think you have been exposed to the virus.**

WHAT IS MY GROCERY STORE DOING TO MINIMIZE MY RISK?

- Many stores are following CDC guidelines on cleaning and disinfection. Some are limiting hours to allow for additional cleaning and disinfection.
- Stores may also be providing hand sanitizer to customers and be asking sick employees or customers to leave.
- Grocery employees are essential employees and encouraged to wear cloth face coverings
- Stores may also limit the number of people allowed to shop at one time, and enforce physical distancing while in line inside and outside the store.



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Hummus and Veggie Wraps

Budget-friendly recipe

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Serves: 4

Ready in: 15 mins.

This is a great snack for kids – let them help cut up the veggies and spread the hummus onto the tortillas.

Ingredients

4 Whole wheat tortillas *large or burrito size*

1 Green pepper *sliced*

1 Tomato *sliced*

2 cups Lettuce

1 (14.5-oz) can garbanzo beans *rinsed and drained, or 1 ½ c. cooked*

½ cup Plain yogurt or tahini (sesame seed paste)

1 Clove garlic *minced*

1 tablespoon Lemon juice

1 teaspoon Ground cumin

Salt to taste



Hummus and Veggie Wraps

Photo attribution: Carrie Adair

What You'll Need

Sharp knife

Cutting board

Blender or large bowl and fork

Medium bowl

Directions

1. Puree garbanzo beans, yogurt or tahini, garlic, lemon juice, cumin, and salt in a blender.
2. Refrigerate until ready to use.
3. Spread hummus on tortilla. Layer veggies. Roll up and eat!

Chef Tips

No blender? No problem! Just use the back of a fork to mash up the garbanzo beans.

Can sub sprouts for lettuce if desired.

Nutrition Info and more

Serving size: 1

Total calories: 221 Total fat: 6 g Saturated fat: 2 g Carbohydrates: 34 g Protein: 11 g Fiber: 9 g Sodium: 464 mg

Distributed by:



Brown County UW-Extension 2019

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