



# COVID-19 AND FOOD SAFETY FAQ

## SHOPPING AND HANDLING GROCERIES

Current evidence shows the biggest risk of transmission of COVID-19 is being around individuals who have symptoms (and to a lesser extent, infected but not showing symptoms.) Grocery stores should be following employee health policies and health department recommendations to keep these individuals home.

### SHOPPING

#### 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 after leaving.
- Bring disinfecting wipes and use on cart and basket handles and card readers
- Maintain social distancing as much as possible while shopping and give others at least 6ft of space.
- 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 and/or disinfecting wipes for carts or baskets, and may ask sick employees or customers to leave.

#### IS DELIVERY A SAFER OPTION THAN GOING TO THE STORE?

- Delivery or pre-order is a great risk management decision, especially for vulnerable individuals.
- Delivery helps limit the number of people in the store and helps with social distancing, as well as the number of people touching surfaces.
- Pre-order or delivery also prevents the shopper from inadvertently exposing others if they are infected but not showing symptoms

#### HOW SHOULD PRODUCE BE HANDLED?

- Consider using hand sanitizer before and after selecting produce items.
- Avoid touching multiple produce items when making selections.

### HANDLING GROCERIES

#### HOW SHOULD I HANDLE GROCERIES WHEN I GET HOME? CAN I BRING THEM INSIDE RIGHT AWAY?

- There is no indication that food or food packaging material has served in significant connection to virus transmission.
- Handling of food packaging should be followed with handwashing and/or using hand sanitizer.
- **It is NOT recommended to store groceries outside of the home, in cars or garages.**

#### HOW SHOULD I HANDLE GROCERIES FOR SOMEONE WHO IS IN VULNERABLE POPULATION?

- If shopping for someone else, best practice is to drop off groceries while maintaining social distance.
- If entering a home to care for someone, wash hands immediately upon arrival, while unpacking and before providing direct care.

#### SHOULD PRODUCE BE WASHED BEFORE EATING? SHOULD SOAP OR A DISINFECTANT BE USED?

- Washing produce before eating is always a good idea.
- **It is NOT recommended to wash produce with dish soap or any detergent.**
- **It is NOT recommended to treat produce with chemical disinfectants at home.**

#### SHOULD I ONLY BUY FOOD THAT CAN BE HEATED?

- There is no evidence that food is a transmission route for the virus.
- There is not current data about the temperature to inactivate the virus, so heating recommendations are not science-based.

## TIPS

1. Use hand sanitizer and cart wipes.
2. Shop alone and go with a plan.
3. Maintain social distance.
4. Only touch what you will buy.



# SPEND SMART. EAT SMART.®

## Make Ahead Breakfast Burritos

Serves: 8 Cost/Serving: \$0.84 Serving Size: 1 burrito

### INGREDIENTS

- 1 cup potatoes, diced (1 medium potato)
- 1/2 cup onions, diced (1/2 medium onion)
- 1 cup bell peppers, diced (1 medium pepper)
- 8 eggs, beaten
- 1/8 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 1 cup 2% fat cheddar cheese, shredded
- 8 (8 inch) flour tortillas

### INSTRUCTIONS

- 1 Spray a large skillet with cooking spray. Cook the potatoes for 6-10 minutes over medium heat.
- 2 Add onions and peppers to the potatoes. Cook for 3-4 minutes until the potatoes are browned.
- 3 Add beaten eggs to the vegetable mixture. Cook for 4-5 minutes over medium heat. Stir off and on until there is no liquid.
- 4 Stir in the garlic powder and pepper.
- 5 Roll up each burrito. Use 2 tablespoons of cheese and 1/2 cup of the egg mixture in each tortilla. Serve or freeze.
- 6 You can freeze the burritos. Wrap each burrito tightly in plastic wrap. Freeze in a single layer on a cookie sheet. Seal wrapped burritos in a freezer bag when they are frozen.
- 7 To reheat the frozen burritos: Remove the plastic wrap. Wrap burrito in a damp paper towel. Set microwave on medium power. Heat burrito for 3-4 minutes.

### TIPS

Wash hands after handling raw eggs and before making burritos.

Wash vegetables under running water.

Add hot peppers, salsa, or cayenne pepper for a spicier burrito.

### Nutrition Facts

8 Servings Per Recipe

**Serving Size: 1 burrito**

**Amount Per Serving**

**Calories 260**

**% Daily Value\***

**Total Fat** 10g **15%**

Saturated Fat 3g **15%**

*Trans* Fat 0g

**Cholesterol** 215mg **72%**

**Sodium** 450mg **19%**

**Total Carbohydrates** 30g **10%**

Dietary Fiber 2g **8%**

Total Sugars 3g

Added Sugars **NA\***

**Protein** 14g

Vitamin D 1mcg **5%**

Calcium 93mg **7%**

Iron 1.1mg **6%**

Potassium 203mg **4%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**NA\*** - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.

Distributed By:



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