

Grocery Store Items

At this time of COVID-19 spread, there is a lot of concern about whether our food is safe to consume. What about grocery store items? Do we need to let packaged food like cans of soup or boxes of cereal sit in the car for 24 hours before bringing it into my kitchen? The answer is no. Information is circulating that the COVID-19 virus can survive on surfaces for perhaps several days. But there is no clear evidence that we can get sick from contact transmission of the virus; touching an unclean surface and then getting sick from that.

For grocery store items, hand washing is the best approach. Wash hands before, and after, handling any food packages. When you bring home packaged food, wash your hands before putting packages away. After picking a can or package of food from your pantry or refrigerator, wash your hands before preparing the product and always wash your hands before eating. Social distancing and washing hands (often) are the way to keep from becoming ill with COVID-19.