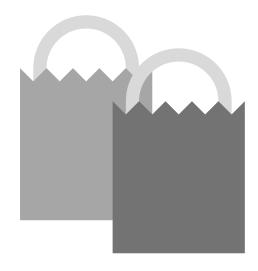
SAFE GROCERY SHOPPING DURING COVID19





MAKE A LIST
TO MINIMIZE THE
AMOUNT OF TIME YOU
SPEND IN THE STORE

CHOOSE A STORE
THAT IS PRACTICING
SOCIAL DISTANCING



DISINFECT
YOUR CART HANDLE WHEN
ENTERING AND YOUR
HANDS WHEN EXITING





WASH YOUR HANDS
WITH SOAP AND WATER
WHEN YOU GET HOME AND
AFTER YOU PUT THE
GROCERIES AWAY

DO NOT
USE SOAP TO WASH PRODUCE
BECAUSE THE RESIDUE CAN
CAUSE VOMITING OR DIARRHEA



PRIMARY CARE DIETITIANS ASSOCIATION
APRIL 2020