

# Supermarket Survival: Produce Part 1

*The U.S. Department of Agriculture is not aware of any reports at this time of human illnesses that suggest COVID-19 can be transmitted by food or food packaging.*

Remember, incorporating fresh fruits and vegetables into one's diet has consistently been shown to increase overall health, including the immune system and gut health. Staying healthy increases the body's ability to fight infections.



## When at the grocery store:

- ✓ Prepared shopping list in advance.
- ✓ Buy a mix of fresh, frozen, canned and dried fruits and veggies. Use the fresh items first so they do not spoil.
- ✓ Resist the urge to touch produce items on bulk displays.
- ✓ Choose packaged produce as an added caution, or cook the produce before eating.
- ✓ Wear a face covering or mask while you are in the store.
- ✓ Carry your own wipes, or use one provided by the store to wipe down the handles of the shopping cart or basket. If you use reusable shopping bags, ensure they are cleaned or washed before each use.
- ✓ Practice social distancing while shopping – keeping at least 6 feet between you, other shoppers, and store employees. Keep your hands away from your face.

