

Dietitian Tip **April**  
Tuesday **28/20**

# Cleansing Your Groceries During COVID-19: DOs & DO NOTs

At this time, Canada Food Inspection Agency (CFIA) states “there is no evidence to suggest that food is a likely source or route of transmission of the virus.”

**DO** wash your hands frequently.

**DO NOT** forget to sanitize high traffic areas often.

**DO** wash produce with running water and scrub if it has a hard skin or peel.

**DO NOT** wash produce or food itself with soap and water or bleach.

**DO** cook your food thoroughly to a safe temperature and continue using food safe practices.

**DO** sanitize food packaging if desired. This is not mandatory as there have been no reported cases of spread through food packaging.