



SAFE GROCERY SHOPPING

STOP!

If you are sick or have just arrived back to Canada, do not shop.

Ask a friend or family member to help or call a grocery delivery service

Keep Things Clean

- ✓ Clean the handle of your cart
- ✓ Wash or sanitize your hands as you enter and after to get into your car
- ✓ If you bring your own grocery bags/totes into the store ensure they are clean and pack your own groceries

Keep Your Distance

- ✓ Stay 2 arms lengths away from other shoppers and employees
- ✓ Wave or smile at those you meet
- ✓ If the grocery store seems busy, come back another time to prevent larger gatherings

Keep Safe

- ✓ Separate raw meat from ready to eat food in your cart
- ✓ Wash fruits and vegetables when arriving home and before eating

Please do not hoard, when you do this your friends and neighbours may go without

For more information, call 1-800-660-5853 or visit www.healthunit.org