



# TOWN OF WAYLAND

[www.wayland.ma.us](http://www.wayland.ma.us)

## COVID-19 SAFE FOOD HANDLING GUIDELINES

### GROCERY SHOPPING (please remember: no reusable bags)

- Try to go on off hours or a non- busy time. Senior-only hours are available at some grocery stores
- Consider curbside pick-up of groceries if available
- Wear a scarf or bandana around your face and avoid touching your face
- Wear gloves if available
- Maintain at least a six-foot distance from other shoppers
- Consider self-checkout if feasible
- Keep sanitizing wipes or sanitizing gel in your car
- After placing bags into your car, dispose of gloves and sanitize your hands
- Sanitize door handles and keys



### GROCERY HANDLING (after shopping)



After removing groceries from your car,

- Place on a hard surface area in your home that can be cleaned
- Remove all groceries from bags and place on an adjacent clean space away from bagged items
- Wash hands between contacts with bags or grocery containers
- Place brown bags in the sun and/or outdoors/garage if able for 24 hours or dispose

Wash produce with cool water in a clean bowl

- Use a scrub brush on rough textured produce like potatoes
- Wipe dry with clean paper towels
- Wipe cans, bottles, containers, anything non-porous with a soapy cloth or disinfectant wipe
- For other items, keep shelf stable items like boxes unused for 2 days. Repackage any if feasible



- For a bleach solution to wipe down counters, use 4 tsp. bleach in 1 quart warm water
- After putting away your groceries, wash your hands for 20 seconds with warm soapy water

### TAKEOUT (safe food handling tips for takeout)



After arriving home,

- Place takeout items on a surface that can be cleaned
- Using household utensils remove food from all takeout containers and throw containers in the trash, place food on household wares
- Wipe down areas where takeout food had been placed
- Wash your hands for at least 20 seconds with warm soapy water before consuming food with clean sanitized utensils
- For hot food, reheat in oven or microwave until piping hot in all area

**\*Health Department Coronavirus Hotline at 508-358-6805** is for those experiencing symptoms, concerns about exposure and seeking information specific to the COVID-19 virus

\*The Town also provides general help for residents who may need **assistance obtaining basic and important life necessities, such as food or medications, at 508-358-7701**

\*To be added to the **CoA's list for a friendly check in or other services, please call the CoA at 508-358-2990**

\* Youth and Family Services provides help with **emotional support or mental health services at 508-358-4293**

**\*For immediate mental health services, call Psychiatric Emergency Services, in Framingham, at (800) 640-5432**