

Corona Virus - Food Shopping and Home Deliveries Guidelines



Home Deliveries

Volunteers are instructed to practice social distancing when delivering items to residents. You should request that delivered items be left at a designated spot which you can get to easily (a chair, table, garage) and not have to bend to reach.

Food Safety Concerns

While practicing home food safety and good personal hygiene are always important, hand washing is especially critical in reducing the spread of COVID-19 and should be done often.

What to Do When Unloading Your Groceries

1. Wash hands before and after you pick up your groceries.
2. Disinfect all nonporous containers with disinfectant wipes or diluted bleach solution.
3. Wash all produce under water.
4. Keep your produce in a separate area in your refrigerator and leave them for 24 hours before using them.
5. After you put away your groceries disinfect all surfaces that your bags touched.
6. Do not bring reusable bags to the stores. During this time you should use paper or plastic.

Mail and Other Packages

1. It is recommended that wash your hands for 20 seconds after you handle letters and envelopes.
2. Unless absolutely necessary it is recommended that you leave mail and/or packages for 24 hours.
3. Remember, routine hand-washing with soap after

handling is always the best option.

Over...

Take Out Food and Delivery Precautions

Food
DELIVERY



You can rest easy knowing that eating your favorite meals in the comfort of your own home shouldn't put you at an elevated risk.

Take these steps to protect yourself...

1. Place the delivery bag in your sink.

Don't let it sit directly on other counter spaces in your kitchen or in the home. You can sanitize or disinfect your sink after the meal is over, and after you've thrown the delivery bag into the trash or recycling, along with any containers.

2. Plate your food, or transfer it to another clean container.

Be sure to avoid touching the food directly; use a clean utensil instead. Don't put any plastic, paper, or cardboard containers in your cupboard or your fridge, as it's unclear if cold temperatures can neutralize the virus currently.

3. Wash your hands!

You'll need to wash your hands for at least 20 seconds before you sit down to eat your meal.

Remember to wipe down your sink and any other surfaces with a disinfecting wipe.

Please Note: Both the Dover and Sherborn Council on Aging Offices have volunteers ready to help. There is no need to go to grocery stores or run errands during this time. Stay safe by practicing social distancing and washing hands.

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