

In-Store Grocery Shopping Checklist

Before you go...	Date				
Make a grocery list					
Check store's low peak days and hours					
Take a face covering					
Take disinfectant/sanitizing wipes and hand sanitizer (if you have some)					
Dress for the weather					
At the store...					
Wear a face covering					
Clean the cart handle (with wipes or sanitizer)					
Stay at least 6 feet from others					
Follow arrows on the floor when going down aisles					
Follow signs or visuals when waiting in line					
Pay with a debit/credit card -OR- payment app (if you have one)					
Sanitize hands after shopping					
When you get home...					
Wash your hands					
Wipe off cans/boxes					
Wipe off counters and areas where bags were					
Keep bags outside to recycle later					
Wash hands again					