

In-Store Grocery Shopping

Before making plans for in-store grocery shopping, check with your local store to be sure they still allow customers inside. Right now, many stores only have curbside pick-up or delivery options. If in-store shopping is not an option, see our **Online and Curbside Grocery Shopping**. If you are sick and there are grocery



items that you need, **DO NOT** go to the grocery store. Ask a friend or family member to go for you or see if your grocery store delivers items to your home.

Before You Go to the Store:



Make a list of items you need:

- Using a list can reduce the amount of time you are in the store and around others
- Include enough items on your list to last you for at least 2-3 weeks

Go during low peak hours:

- Search the store name and location (address or city and state) in Google to see what days/times the store is not too busy
- Choose a day and time to go to the store when the store has a low wait time

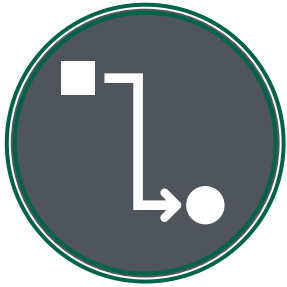


Take a face covering/mask:

- Wearing a face covering or mask may help to limit the spread of germs
- See the [How to Make Your Own Face Covering video from CDC](#) to learn how to make a face covering if you don't have one

Take hand sanitizer or disinfectant/sanitizing wipes:

- Hand sanitizer and wipes can be used to clean your hands and the grocery store cart handle to limit the spread of germs
- If you do not have sanitizer or wipes – see the **Issues/Problems** section of this resource



Be prepared to wait in line to enter the store:

- Some stores are limiting the number of customers that can be in the store at one time. You may have to wait in line outside of the store for a period of time.
- Remember to dress for the weather since you may have to wait outside before entering the store (for example – if it is chilly, take a jacket or sweater; if it is raining or it may rain, take an umbrella)

At the Store:



Wear a face covering/mask:

- Wear the face covering during your entire shopping trip – even while waiting in line inside and outside the store
- Remove the mask after you have once returned to your car and loaded your groceries

Clean the cart handle:

- Use a disinfectant/sanitizing wipe to clean the cart handle
- Some stores will clean the cart handle before giving you the cart

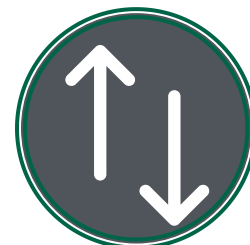


Practice social distancing:

Stay at least 6 feet away from others while in the grocery store aisles and while standing in line

Follow visuals in store:

- Some stores have arrows for the direction you should go down an aisle
- Some stores have tape on the floor to tell you where to stand while waiting to enter the store or to check out



If you can, pay with a card or payment app:

Using a debit card, credit card, or a payment app such as Apple Pay or Google pay to pay for your groceries limits the number of items you and the cashier need to touch

Use hand sanitizer:

After you load your groceries in your car and remove your mask, use hand sanitizer



Once the Groceries are in Your Home:



Wash your hands:

Remember to wash your hands with soap and water for at least 20 seconds after you have brought your groceries inside.

Wipe off cans and boxes:

Before putting your grocery items away, wipe off any cans and boxed items with a disinfectant/sanitizing wipe.



Collect bags:

Put the grocery bags in a sealed container outside to return to store at your next trip.

Clean surfaces:

After wiping off your groceries, clean your counters and any areas where you placed the grocery bags and new groceries.



Wash your hands again:

Remember to wash your hands with soap and water again for at least 20 seconds.

Problem Solving:

Problem	Potential Solution
<p>I do not have disinfectant/sanitizing wipes.</p>	<p>It can be hard to find disinfectant/sanitizing wipes at the stores, since so many people need them right now. If you do not have any wipes, it is okay. Many stores have wipes for customers to use to wipe of their cart handles or they may wipe the handles for you. If you have hand sanitizer, you can put some on the cart handle. If there are no wipes available to wipe the cart at the store, use the cart and remember to wash your hands when you get home.</p>
<p>I do not have hand sanitizer.</p>	<p>Many stores have sold out of hand sanitizer. If you do not have hand sanitizer to take with you to the grocery store, it is okay. Just remember to try not to touch your face while you are out and wash your hands as soon as you get home.</p>
<p>I want to use my reusable bags.</p>	<p>To limit the spread of germs, some stores are not allowing customers to use reusable bags. Check with store (call before you go or ask when you get to the store) to see if you can use your reusable bags. If you are not allowed to use your reusable bags, use the bags the store has – paper or plastic. If you are allowed to use your reusable bags, remember to clean your reusable bags when you get home.</p>
<p>The store does not have all the items on my list.</p>	<p>Sometimes a store may not have an item or a specific brand of an item that you would like to buy. Consider if there is a different item for you to buy. For example, you usually buy large brown eggs, but the store does not have any. If you really need eggs, you can try buying white eggs instead if those are available and affordable. If you do not want to buy a different item or brand, you can go to another store to see if they have the item you want or you will need to wait until your next grocery store trip to see if the item becomes available.</p>
<p>I do not have a debit or credit card and I do not use payment apps.</p>	<p>Some people only buy things with cash. If you do not have a debit or credit card and do not use payment apps, it is okay to pay for your groceries with cash.</p>

Helpful Websites Related to Grocery Shopping:



How to Shop for Groceries during the COVID-19 Pandemic

<https://www.livescience.com/coronavirus-grocery-shopping-guide.html>



No, You Don't Need to Disinfect Your Groceries. But Here's How to Shop Safely

<https://www.npr.org/sections/health-shots/2020/04/12/832269202/no-you-dont-need-to-disinfect-your-groceries-but-here-s-to-shop-safely>



Running Essential Errands: Shopping for Food and Other Household Essentials

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html>



Shopping for Food During the COVID-19 Pandemic - Information for Consumers

<https://www.fda.gov/food/food-safety-during-emergencies/shopping-food-during-covid-19-pandemic-information-consumers>