

Food Safety 101



Buying food and keeping safe during COVID-19

Source: World Health Organization



Grocery Shopping

- Keep at least 2m distance from others
- Avoid touching your eyes, nose, and mouth
- Sanitize handles of trolleys or baskets before shopping
- Once home, wash your hands thoroughly before putting away your purchases, then again after

Washing fruit and vegetables

- Wash your hands with soap and water before handling any produce
- Wash fruit and vegetables thoroughly with clean water



Source: World Health Organization