



7 steps to safe shopping for fruit & vegetables

Actions for consumers



01

When you need to shop, identify and plan your purchases, reduce how often you undertake shopping trips, and ensure your time in store is kept to a minimum



02

Don't mix with people – keep your distance from other shoppers and the general public – the big threat isn't food or food packaging, it's other people



03

Where possible use hand sanitiser or disinfectant wipes in store



04

Wash your hands with warm water and soap for 20 seconds before and after handling your groceries



05

Don't sanitise your groceries or their packages - there is no evidence of food or food packaging being associated with transmission of the virus that causes COVID-19



06

Prepare and wash your fruit and vegetables as normal – wash them in cold running water, and peel and cook where appropriate – don't use soaps or detergents



07

Wash your hands frequently: when you come in, after handling your groceries, before preparing food, and before you eat – use warm water and soap and wash for 20 seconds