

It is safe to eat fresh fruits and vegetables during COVID-19.

The Centers for Disease Control has said that there's currently no evidence of COVID-19 spreading from food. Keeping food safe during COVID-19 is like before. Follow these four steps:

CLEAN



Wash your hands for 20 seconds (the time it takes to sing the ABCs song) with soap and water before and after handling food. Wash counters often. Rinse fruits and veggies with running water.

SEPARATE



Keep raw meat, poultry and fish away from fruits and veggies while shopping and in the fridge. Use separate cutting boards for fruits and veggies and raw meat, poultry, and fish.

COOK



Use a food thermometer to make sure your food is cooked to a safe temperature. If you're worried about eating raw veggies, steam, boil, roast or sauté them! You can also buy packaged fresh veggies, like baby carrots or sugar snap peas or fruit you can peel, like oranges, bananas, and melons.

CHILL

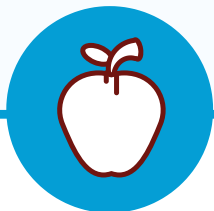


Refrigerate perishable foods right away and keep your refrigerator at 40° F or below.

Go to www.cdc.gov/foodsafety/ for more info.

There's help for buying fresh and local fruits and vegetables.

Life is hard right now. Many of us have lost jobs and money is tight. There is help! Go to www.sandiegohungercoalition.org/covid19 or call 211 for info about:



CAL FRESH (SNAP)

Get food assistance to help buy groceries. Benefits have increased during COVID-19.



SCHOOL MEALS

Pick up grab-and-go breakfasts and lunches at school sites for kids ages 2-18 years old even though schools are closed.

WIC

Get healthy food and nutrition education if you are a pregnant or nursing mom, new mom, or have young children.



FOOD DISTRIBUTION

Pick up food at a food distribution site or pantry near where you live.



SENIOR MEALS

Get hot meals and/or a senior distribution box delivered to your house if you are a senior.



MAS FRESCO

Match your food dollars on fruits and vegetables at participating Northgate Markets. Sign up at www.masfresco.org

