

# Tips for when you go shopping

- Don't treat this as a family outing, send one person out to get your shopping.
- Plan - create a list of essentials and include alternatives, if you are prepared, you can minimise your time in the shop.
- Shop online if you can, it may seem that there aren't any slots in the short term so take some of the later slots now.
- Take alcohol wipes or sanitizer and wipe your hands before you go in or wear gloves, which you dispose of in bin when you leave.
- Keep your distance, this means anticipate what is coming, some shops have set up one way systems other shops haven't be aware that you might walk into someone coming out when you try to go in, anticipate this and avoid it. Keep your distance at the check outs.
- If you can, use contactless payment.
- When you arrive home give the food packages a wipe with alcohol wipes.
- Wash all fresh foods thoroughly with soap.
- Once food is open, remove all the air & reseal e.g. Salad greens once open squeeze the bag to extract as much air as possible and reseal in another bag. If the greens are slightly damp then add a sheet of kitchen paper before squeezing and leave the paper in (depending on how wet it is) it will absorb the fluid and stop the greens from going off so quickly. This will help the produce to last longer in the fridge.
- Don't shop hungry this influences your choice of foods, this is a time when you need highly nutritious foods.
- If you have vegetable seeds like Rocket, Lettuce, Carrot, Radish etc, find some soil and plant them now, this may be going on for some time and there is nothing better than picking salad greens straight from the garden.

Above all remember to be kind, this affects us all and now is the time to come together and help each other.

Be safe.