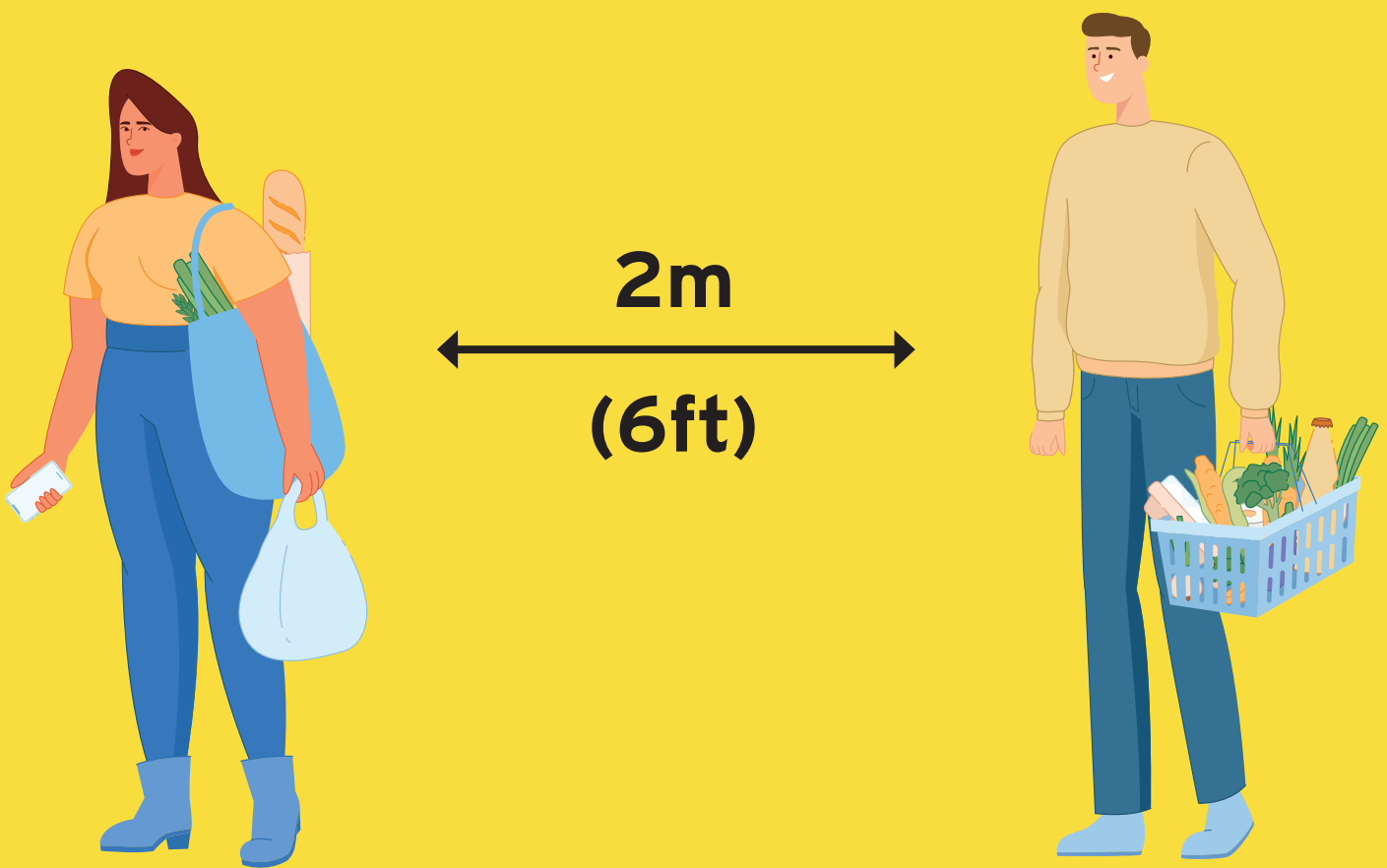




Public Health
Agency

Advice on safer shopping during COVID-19



**WE ALL
MUST DO IT
TO GET
THROUGH IT**



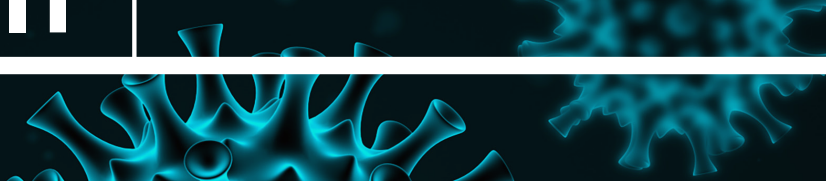
STAY HOME



KEEP DISTANCE



WASH HANDS



Are you well enough to go shopping?

- If you have a new continuous cough or a high temperature **you must stay at home.**
- If you are over 70, pregnant or in a vulnerable group, **you must stay at home.**

Ask a friend or neighbour to get some essentials for you and leave them at the door for you to collect. You may be able to get an online delivery slot with your supermarket.



If you are well, help protect yourself and others:

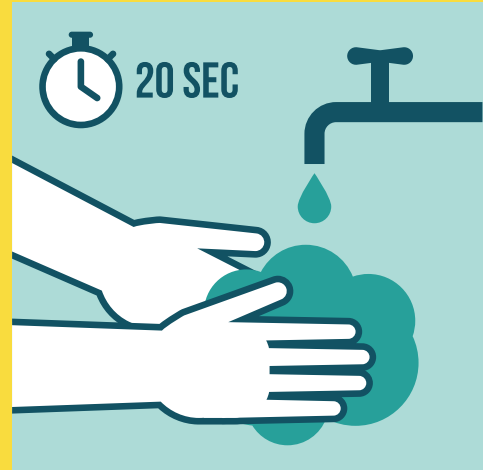
- Try to reduce the number of shopping trips to once a week.
- Avoid taking children or other family members to the shop.
- Try to shop at off-peak times.
- Try to go to quieter local shops or arrange with local shops for collection or deliveries. Many smaller shops are now offering local deliveries.
- Make a shopping list and buy enough in one shopping trip to feed your family for 7 days - there is a meal planner at the back of this booklet to help you.
- Could you manage without certain items and make do? For example, you could try making your own bread or simply using up food in the cupboard or freezer.
- Make a note of what items you have and when they will go out of date so you can use them in date order and avoid waste.
- Use your freezer to store perishable items such as bread and meats.
- Don't stockpile items you don't need - think of others who may need them.
- Can you get essentials for someone you know in a vulnerable group and leave them at their door?
- You should wash fruit and veg before eating as usual but there is no evidence that you need to disinfect your groceries when you get home.

Remember:

1

Before shopping

Wash your hands for 20 seconds



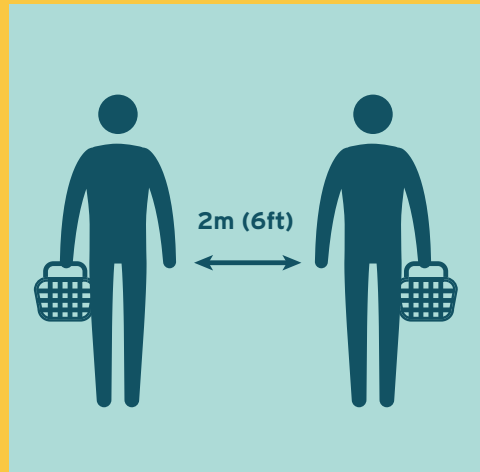
2

While shopping

- avoid touching your face
- if sanitiser is available, wipe handles on trolley/basket before and after use



- stay 2m (6ft) apart from the next person



- use a contactless payment card if possible



3

After shopping

Wash your hands for 20 seconds



Weekly meal planner

It's a really challenging time for us all, especially if you're feeding a family and trying to reduce your shopping trips.

But planning ahead makes it much easier - this meal planner and shopping list will help.

First, think about the meals and snacks you want to eat over the week; then check what's already in the cupboard or freezer and write your shopping list based on the planner.



This will help you spend less on impulse buys, cut down on your shopping trips and help you prepare healthy meals for you and your family. Visit www.choosetolivebetter.com for healthy recipes.

Weekly meal planner

	Breakfast Porridge with fruit	Snack Banana	Lunch Tuna salad sandwich	Snack Fruit salad	Dinner Chicken or veggie curry and rice, yogurt
Example					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Shop again!

Shopping list

Fruit, vegetables and potatoes (eg apples, red peppers, melon, tomatoes, onions, cabbage and potatoes...)

Fresh meat, fish, poultry (eg chicken, mackerel, pollock, lean mince...)

Dairy, eggs and chilled foods' (eg semi-skimmed milk, low-fat yogurt, cheese, eggs, spread...)

Household essentials (eg soap, bin bags, washing powder...)

Food cupboard (eg pasta shells, rice, baked beans, tinned tomatoes, tinned tuna and dried lentils...)

Bread (wholemeal bread, wheaten bread, bagels, white bread...)

Frozen (eg peas, oven chips, sweetcorn...)



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