Keeping food safe during COVID-19

You can feel safe preparing, cooking and bringing groceries into your home by using these tips.

FIRST AND FOREMOST

- There is no evidence that COVID-19 is transmitted through food.
- The risk of getting coronavirus from packaging is very low.
- Anyone with suspected symptoms of respiratory illness should avoid preparing food for other people.

Remember, good personal and food hygiene is always needed in the kitchen, not just during COVID-19.

TIPS FOR THE KITCHEN

- Put grocery bags and take away bags on a bench (that you don't prepare food on) or on the ground to unpack.
- Wash your hands immediately when you return home from being out and again after putting away your groceries.
- Dry your hands as well! Dry hands are less likely to pick up viruses and bacteria.
- Before and after cooking, clean the area you prepare food with a standard surface sanitiser.
- Wash all fresh produce (fruits and vegetables) under running water.

IF YOU ARE UNWELL

- Do not prepare food for other people.
- Cover all coughs and sneezes with your elbow so you don't contaminate the kitchen or your food.
- Wash your hands and clean benches and utensils regularly.
- If you are the only available cook, heat a frozen meal or cook something simple that requires minimal handling, or order a healthier take away option.

It's extra important to eat well, keep hydrated and stay connected with family and friends during this time.