
Tips for Grocery Shopping and Takeout Food During COVID-19

When going to the store:

- Wear a cloth face covering that covers your mouth and nose whenever you go to a grocery store
- Plan what you are going to buy to help minimize your time in the grocery store.
- Do not buy more than you and your family will need for two weeks.
- If you arrive and it appears really crowded, leave and return another time. Shop earlier if you must to avoid the rush.
- Be prepared to wait – many grocery stores are limiting the number of shoppers in the store at a time. Be sure to read and follow any signs and instructions that have been posted by grocery stores.
- Bring wipes – wipe down your cart and hands. Gloves won't work – if you touch an infected surface with gloves you will only infect the next thing you touch.
- Use wipes to open freezer doors. Touch as few surfaces as possible.
- Commit to what you are buying before picking it up
- Don't touch your face while shopping, and sneeze or cough into your elbow.
- Keep a two-grocery-cart-space between yourself and other shoppers.
- Practice proper social/physical distancing, while waiting your turn at the register.
- Use plastic bags or bag your own food if you have brought reusable bags (some grocery stores are requiring this).
- Try virtual payment system like Apple Pay (with your phone) so you don't have to open your wallet at all.
- Sanitize your hand and your phone as soon as you reach the car with hand sanitizer (at least 60% alcohol content).

Getting Groceries Delivered

- [High-risk individuals](#) should use a delivery service when possible.
- Order earlier than you usually do. Delivery times are filling up faster than usual.
- Tip electronically.
- Avoid an in person hand off. Arrange for a “no-contact delivery”.

Here are a few suggestions for local delivery options:

- [CostCo Grocery](#)
- [Instacart](#) (also delivers from CVS, Target, Petco)
- [King Soopers](#) – Delivery and pick-up available - “due to increased demand, you may experience longer wait times, delayed deliveries or limited inventory”

- [Safeway](#) – Delivery and pick-up available – “pick-up and delivery orders might have fulfillment delays that require them to be rescheduled”
- [Shipt](#) – (also delivers from CVS, Target, Petco, Office Depot, Office Max)
- [Walmart Grocery](#) – Delivery and pick-up available “we're working to fulfill as many orders as possible. Check time slot availability before starting your order”

Restaurant Delivery

Restaurant delivery services (some are also delivering groceries and other personal items). Be sure to tip online and choose “no-contact delivery”. Follow same guidelines for takeout.

- Door Dash
- goPuff
- Grub hub
- Postmates
- Seamless
- Uber Eats