



COVID-19 and Food Safety

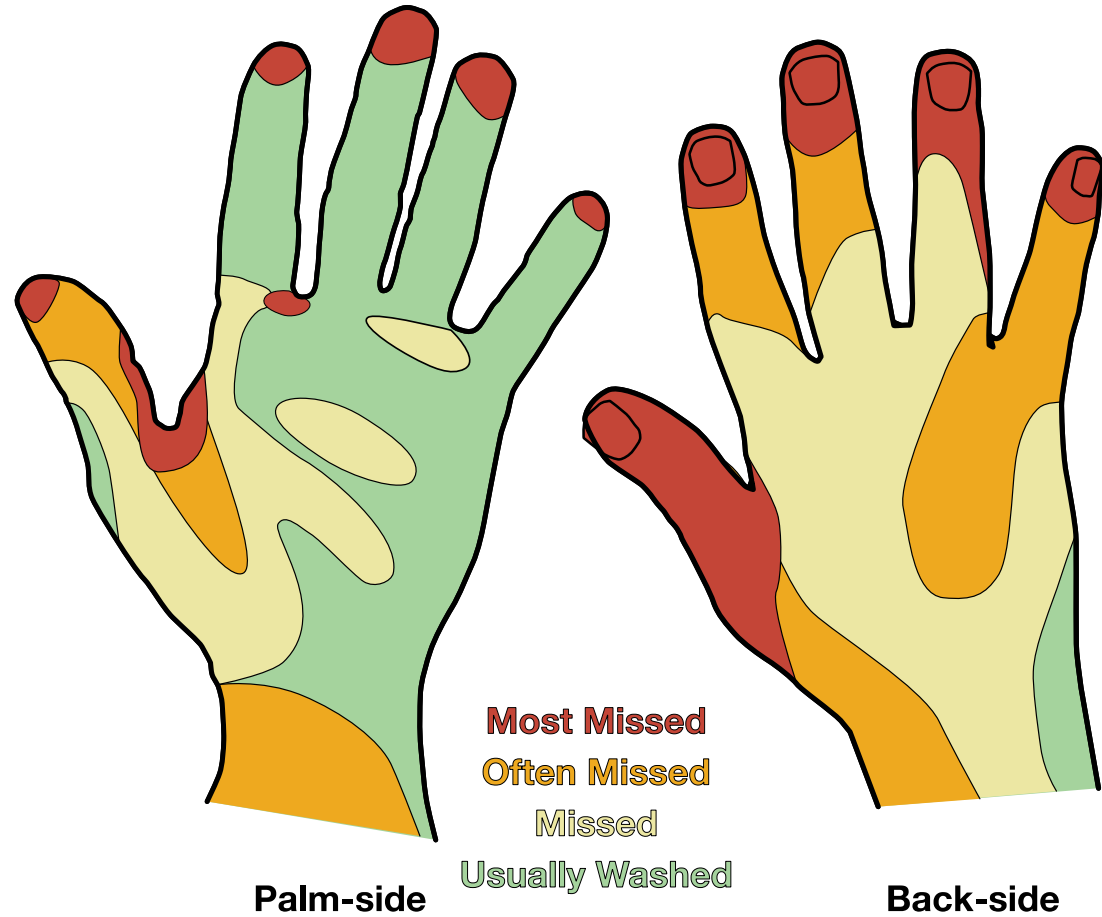
Q & A Session

COVID-19 & Food Safety

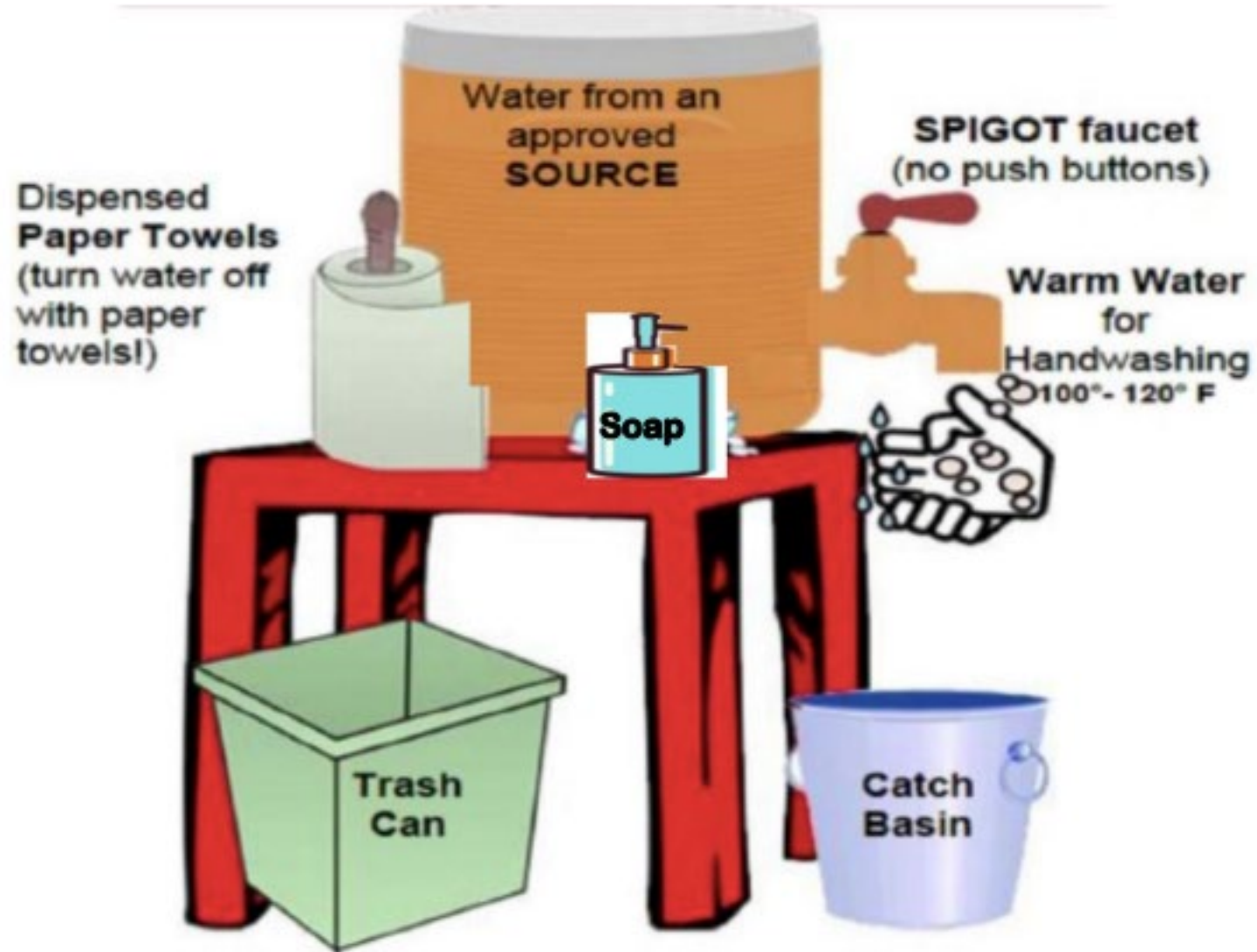
CDC and USDA are not aware of any reports at this time of human illnesses that suggest COVID19 can be transmitted by food or food packaging. However, it is always important to follow good hygiene practices:

- wash hands and surfaces often,
- separate raw meat from other foods,
- cook to the right temperature,
- refrigerate foods promptly.

Parts of the Hand Often Missed in Handwashing



Temporary Handwashing Station



CAN I GET SICK WITH COVID-19 FROM TOUCHING FOOD, THE FOOD PACKAGING, OR FOOD CONTACT SURFACES, IF THE CORONAVIRUS WAS PRESENT ON IT?

- Currently there is no evidence of food or food packaging being associated with transmission of COVID-19. Coronaviruses need a living host (animal or human) to grow in and cannot grow in food. Like other viruses, it is possible that the virus that causes COVID-19 can survive on surfaces or objects.

Cleaning vs. Disinfecting

- **Cleaning** refers to the removal of germs, dirt and impurities from surfaces. It does not kill germs.
- **Disinfecting** refers to using chemicals* to kill germs on surfaces. This process does not necessarily clean dirty surfaces or remove germs but by killing germs on a surface after cleaning it can further lower the risk of spreading infection.
- * EPA-registered disinfectants <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

Let's talk about disinfecting...

[https://www.youtube.com/watch?v=BVvb -d6gfQ&feature=emb title](https://www.youtube.com/watch?v=BVvb-d6gfQ&feature=emb_title)

HOW SHOULD CLEANING AND DISINFECTION BE HANDLED?

- Volunteers and staff should wash hands and use hand sanitizer regularly.
- Disinfect surfaces like railings, doorknobs, tables, baskets, etc on a regular basis.
- Use non-porous plastic tables that can be easily disinfected whenever possible.
- CDC is advising use of disinfectants on the EPA list, which can be found at: [go.ncsu.edu/epacovid-19](https://www.epa.gov/epacovid-19). (Note: this list is based on current data, but compounds have not been validated for COVID-19)
- Bleach may be used to disinfect surfaces, but the concentration is higher for COVID-19 than for everyday sanitation:
 - 5 tablespoons bleach per gallon of water

<https://www.canr.msu.edu/news/covid-19-disinfecting-with-bleach>

HOW SHOULD FOOD BE HANDLED DURING THE COVID-19 PANDEMIC?

As always, follow good hygiene and food safety practices when preparing food:

- Purchase food from reputable sources;
- Cook food thoroughly and maintain safe holding temperatures;
- Use good personal hygiene;
- Clean and disinfect surfaces and equipment.



COVID-19 AND FOOD SAFETY FAQ

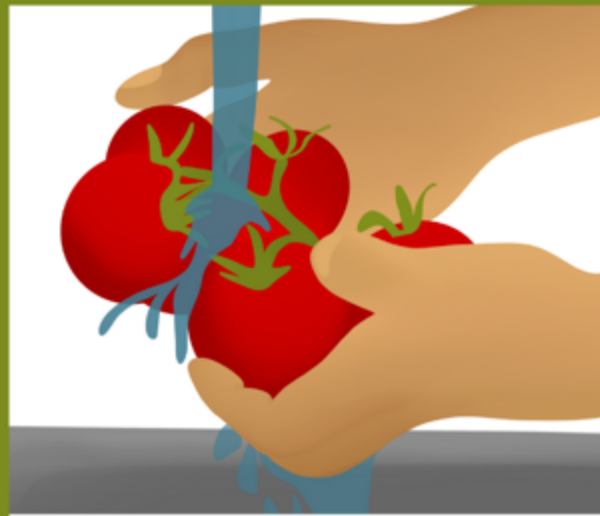
FRESH PRODUCE

COULD EATING FRESH PRODUCE THAT HAS BEEN CONTAMINATED CAUSE COVID-19?



- CDC, FDA and USDA are not aware of any reports at this time that suggests the virus that causes COVID-19 is spread by eating food that might inadvertently contain small amounts of virus.
- Produce has not been identified as a risk factor in the transmission of other respiratory virus outbreaks.
- Follow good food safety practices whenever preparing, storing, or consuming foods.

WASHING PRODUCE



**YOU SHOULD
WASH PRODUCE
WITH WATER
BEFORE
EATING**



**DO NOT USE
DISINFECTANTS,
CLEANING WIPES
OR SOAP ON
PRODUCE**



Washing Produce

- <https://www.youtube.com/watch?v=xh5TEjhFzHE&feature=youtu.be&app=desktop>

COVID-19 AND FOOD SAFETY

TOP TIPS FOR GROCERY SHOPPING



Use hand sanitizer and cart wipes.

Shop alone and go with a plan.



Maintain social distance of 6ft.

Only touch what you will buy.

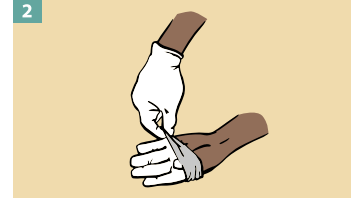


How to Remove Gloves

To protect yourself, use the following steps to take off gloves



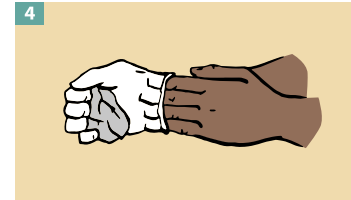
Grasp the outside of one glove at the wrist.
Do not touch your bare skin.



Peel the glove away from your body,
pulling it inside out.



Hold the glove you just removed in
your gloved hand.



Peel off the second glove by putting your fingers
inside the glove at the top of your wrist.



Turn the second glove inside out while pulling
it away from your body, leaving the first glove
inside the second.



Dispose of the gloves safely. Do not reuse the gloves.



Clean your hands immediately after removing gloves.



Additional food safety resources can be found at University of Maine Cooperative Extension website: <https://extension.umaine.edu/food-health/covid-19-food-safety-information-for-maine-consumers/>

Time for your questions....