

FOOD SAFETY & COVID-19



Extension

UNIVERSITY OF WISCONSIN-MADISON

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UW-Madison Division of Extension FoodWise Nutrition Education has put together some information regarding food safety and COVID-19.

IS CARRY-OUT FOOD SAFE?



Yes, take-out food appears to be safe. There is no evidence that you can get COVID-19 from take-out food. While there is no evidence that you can get sick if someone who is ill contaminated the food, there are some extra precautions you can take for take-out food:

- Order from a reputable business
- If the food needs to be cooked or reheated, cook to proper temperatures
- Most importantly, wash your hands after handling any food packaging material and before preparing food or eating

GROCERY STORE ITEMS

Information is circulating that the virus can survive on surfaces for perhaps several days. But there is no clear evidence that we can get sick from contact transmission of the virus; touching an unclean surface and then getting sick from that.

Best approach: wash hands before and after handling any food packages.



WHAT ABOUT FRESH PRODUCE?



Do we continue to eat fresh fruit and vegetables? Yes. There is no reason to assume that fresh fruits and vegetables are unsafe.

It does not appear that we can get sick from "eating" the virus. There are some general food safety tips when eating or preparing fresh fruits and veggies:

- Start by washing your hands, then rinse all fresh fruits and veggies with running water and dry before eating.
- Added safety step is to dip rinsed fruit and veggies in a vinegar solution of 2 cups vinegar + 2 cups water, allow to stand for 1 minutes, then rinse again with clean water and dry.

[HTTPS://FYI.EXTENSION.WISC.EDU/FOODWISE/](https://fyi.extension.wisc.edu/foodwise/)