



Visit [FoodbankSBC.org](https://www.foodbanksbc.org) for  
food resources.  
Call 211 to speak with an  
operator.



## COVID-19 AND FOOD

The Foodbank takes precautions to limit exposure of your food to COVID-19. Food is held for two days before it gets distributed to eliminate any contamination that may have occurred before it reached our warehouse.

The CDC reports that there is no evidence to support transmission of COVID-19 associated with food. Before preparing or eating food, it is important to always wash your hands with soap and water for 20 seconds for general food safety.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

In general, because of poor survivability of these coronaviruses on surfaces, there is likely very low risk of spread from food products or packaging that are shipped over a period of days or weeks at ambient, refrigerated, or frozen temperatures.

Source: <https://www.cdc.gov/foodsafety/newsletter/food-safety-and-Coronavirus.html>

## FOOD HANDLING RECOMMENDATIONS

- Use gloves to remove your food, and leave the outer container outside. Recycle it safely!
- Wipe down the outside of packaged foods before storing, and wipe down surfaces where packaged foods were placed using safe soap and warm water.
- Wash hands for 20 seconds with soap and warm water before handling food.
- Wash all produce with cool water and remove outer leaves or layers before consuming.

TIP: You can easily prepare a bleach solution effective for cleaning counter tops by mixing 5 tablespoons bleach per gallon of water or 4 teaspoons bleach per quart of water.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>