



Excellence Ireland Quality Association
The 'Guardian of The Q Mark'.

Hygiene tips for food shoppers during the Covid-19 pandemic.



www.qmark.ie

Plan.

- Minimise shopping trips by planning.
- Make a list to cover you for the week if possible.
- Check your cupboards, fridge and freezer to determine what you need.
- Ensure you have enough space for the chilled food you intend to buy.
- Arrange your list to match the flow of the shop.
- Check if there are priority access times for certain groups and plan around this.
- Bring disinfectant wipes and hand sanitiser.
- Plan for contactless payment if possible- don't forget your bank card.



When you get there...

- Clean your hands if you've used a parking meter.
- Observe any queue control measures at the entrance and take note of any customer instructions provided.
- Clean your hands before entering the shop, either with your own materials or those provided in the store.
- Clean and sanitise the handle of the trolley or basket.



Inside the shop

- Do not stop to chat unnecessarily.
- Keep a 2-metre gap between you, shoppers and staff.
- Minimise any unnecessary touching of products, handles and surfaces. Try to only handle what you intend to purchase.
- Check the use-by date of chilled goods, to ensure you have at least a week before the date expires. Avoid any short-dated products unless suitable for freezing on the day of purchase.
- Follow queue control measures at the check-outs.
- Be polite and courteous to all staff members, but do not chat unnecessarily.
- Don't touch anything unnecessarily at the check-out.



When you've finished

- Clean and sanitise your hands when you leave or when you get back to your car.
- Wash your hands when you get home and sanitise anything you've touched before washing your hands.
- Put all chilled goods into your fridge or freezer immediately, and keep raw products separate to other foods.
- While current FSAI guidance states 'food packaging is not known to present any specific risk to consumers', current information suggests the virus could survive up to 72 hours (3 days) on hard surfaces depending on the material. You may want to consider disinfecting or discarding outer packages.



Tips for home

- Use anti-bacterial soap for hand washing. Follow the hand wash guidelines in the HSE's Covid-19 booklet. If hand sanitiser is in short supply, keep your sanitiser and wipes for use outside of the home.
- You should also wipe down surfaces and hand contact points with Milton or similar antibacterial sprays. Always check the product's instructions for use, as the contact time will vary for different products.
- Wash any open fruit and vegetables for 20 seconds under cold running water.
- Sanitise your mobile phone and /or tablet regularly.
- For hand hygiene tips for kids, go to www.safefood.eu and meet Rufus.



For further information use trusted sources

- www2.hse.ie
- www.who.int
- www.fsai.ie
- To print or circulate a copy of these tips visit www.qmark.ie/coronavirus

