

FOOD SAFETY AND IMMUNITY

Helpful nutrition tips during COVID-19



WASHING VEGETABLES AND FRUIT

Use only water with some friction.

Consuming dish soap can lead to nausea and an upset stomach.

SHOULD I BE CONCERNED ABOUT GROCERIES AND COVID-19 TRANSMISSION?

There is no evidence that food or food packaging is a source of COVID-19 transmission. The virus spreads when people are in close contact with one another and through droplets when a person coughs or sneezes. It can be possible to contract COVID-19 by touching a surface or object with the virus on it and then touching your face, mouth, eyes and nose. There is no need to set aside and sanitize food/food containers prior to putting them in the pantry or refrigerator. The best way to handle your food packages is to put them away and then wash your hands with soap and water or use hand sanitizer.

Food itself is not a main form of contracting the virus. The interaction with other people (grocers, cashiers, food delivery workers) is more likely to pose a risk. Do not use soap to wash vegetables and fruit. Consuming dish soap can lead to nausea and an upset stomach. Rather, experts recommend simply using water and washing produce with some friction.

IS IT SAFE TO ORDER FOOD FOR DELIVERY OR TAKE OUT DURING THE PANDEMIC?

Preparing food from home is the best way to minimize the risk of getting COVID-19. Making food at home minimizes the number of people coming in contact with it.

Most experts agree that ordering food is generally safe so long as the restaurant is following established cleaning and safety practices. The virus doesn't appear to thrive on food surfaces. It is recommended to dispose of or clean food packaging, clean any surfaces the packaging has come in contact with and to wash your hands prior to eating.

The main risk in food handling is the period after being cooked and before it is packaged for take out. Riskier foods are typically raw, uncooked foods as any individuals within the food chain who are infected may inadvertently transmit the virus by coughing or sneezing.

CAN COOKING FOOD KILL THE CORONAVIRUS?

Exact temperatures to kill this novel coronavirus has not yet been determined. You can lower your risk of infection by following safe food handling and cooking practices such as cooking your food to recommended safe internal temperatures.

Many restaurants and grocery stores are offering contact-free delivery and pick up. Many food delivery services accept payment electronically through apps or online to help further reduce your risk of infection.

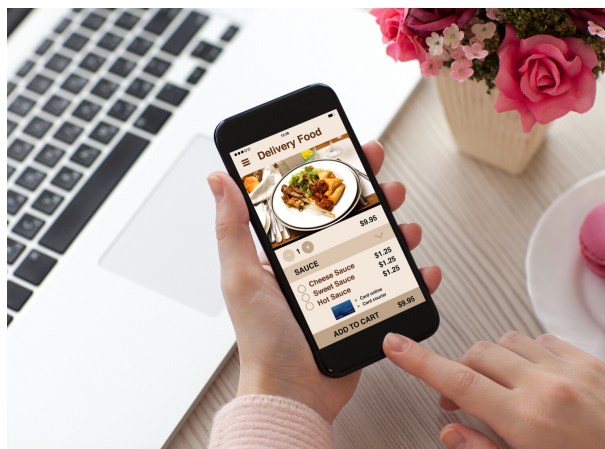
CAN I BOOST MY IMMUNE SYSTEM THROUGH DIET AND SUPPLEMENTS?

You cannot 'boost' your immune system through diet, and no specific food or supplement will prevent you catching the coronavirus. No singular nutrient or food product is responsible for a good immune system. Good hygiene is the best way to avoid infection.

A healthy lifestyle plays a vital role in supporting an effective immune system. Many nutrients are involved in creating a strong immune system. A balanced diet includes vegetables and fruits, whole grains, high quality protein foods, unsaturated fats and foods which are minimally processed.

RESOURCES

[Foodsearchinc.com](https://www.foodsearchinc.com/): a website directory of pickup and delivery services for Edmonton and Area



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