



Food Saving Tips During COVID-19

Please note: COVID-19 is reported to live on surfaces for an extended period of time*.

- As an aerosol, for up to 3 hours (e.g. sneezing, coughing, etc.)
- Clothing – several hours up to a day
- Up to 4 hours on copper
- Up to 24 hours on cardboard
- Up to 2-3 days on plastic and stainless steel
- Up to 4 days on glass surfaces like a Smartphone

General health and safety:

1. Exercise physical distancing when required to interact with others.
2. Wash your hands often with soap and water for at least 20 seconds especially after blowing your nose, coughing, or sneezing, and before eating or preparing food. (CDC)
3. Avoid touching your eyes, nose, and mouth with unwashed hands. (CDC)

It is now more important than ever to be mindful about how much food you need. Food waste accounts for the largest stream of material in trash in our country, according to the U.S. Environmental Protection Agency. Here are 5 tips to help you save food and reduce your trips to the grocery store during the COVID-19 pandemic.

1. Leftovers can typically be kept in the refrigerator for 3-4 days. If you do not plan to consume them during that time, store in the freezer. You can also look up new recipes to **transform your leftover food and meals into something new.**
2. Put fruits, vegetables, bread, meat, and other leftovers in the freezer to be used later. **The USDA says**, “Freezing preserves food for extended periods because it prevents the growth of microorganisms that cause both food spoilage and foodborne illness.”
3. Before going to the grocery store or ordering your next delivery, take an inventory of what you already have in your fridge, freezer, and pantry. You might have ingredients already on hand that can be transformed into a **delicious and creative meal.**
4. If you are shopping your pantry and find items that you no longer want, consider donating. New, unopened non-perishables can be donated to local food banks or neighbors in need. Check locally to see who is accepting donations at this time.
5. By safely preserving food – from pickling and canning to drying and fermenting – you can make food last longer. Pickling, for example, goes beyond cucumbers; give radishes, green beans, or carrots a try.

It is always best to practice good hygiene in the kitchen, from disinfecting grocery items to washing your hands before preparing food. Check locally for recycling regulations and always give a quick rinse to food carton, glass, plastic, steel, and aluminum containers prior to recycling. As a reminder, freezer bags and plastic wrap/film cannot be recycled in your curbside bin.

*According to a new study from National Institutes of Health, CDC, UCLA and Princeton University scientists in The New England Journal of Medicine. <https://www.nih.gov/news-events/news-releases/new-coronavirus-stable-hours-surfaces>