



# COVID-19 and Keeping Food Safe to Eat

The Canadian Food Inspection Agency reports that “there is currently no evidence that food is a likely source or route of transmission of COVID-19”.

Still, all Canadians should continue to follow good hygiene practices when handling food and preparing meals. Wash hands often and before preparing food, cook meat thoroughly, keep cold foods cold (in the fridge), and avoid cross-contamination between cooked and raw foods.

Clean frequently touched surfaces, including countertops and cutting boards often. Soap and water are effective for cleaning these types of surfaces. Produce (vegetables and fruits) can be cleaned by scrubbing them with clean hands with cold, running water. The transmission of COVID-19 from food packages to individuals is unknown but thought to be low.

Cough/cold hygiene practices, such as coughing or sneezing into your elbow, are also recommended. People who are sick with COVID-19, even with mild symptoms, should not prepare food for other people as they should be self-isolating.

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For more information:

COVID-19 Q&A from the Canadian Food Inspection Agency:

<https://www.inspection.gc.ca/covid-19/questions-and-answers/eng/1584648921808/1584648922156>

How and when to wash your hands from the CDC:

[https://www.cdc.gov/handwashing/when-how-handwashing.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Ffeatures%2Fhandwashing%2Findex.html](https://www.cdc.gov/handwashing/when-how-handwashing.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Ffeatures%2Fhandwashing%2Findex.html)

Food Safety tips from the Government of Canada:

<https://www.canada.ca/en/health-canada/services/general-food-safety-tips.html>

Coronavirus and Food Safety Recommendations for Consumers from Cornell University:

<https://instituteoffoodsafety.cornell.edu/coronavirus-covid-19/food-safety-recommendation-consumer>

Food Safety Tips at Home from The US Department of Agriculture:

<https://www.choosemyplate.gov/ten-tips-be-food-safe>

**Primary Care Dietitians Association**  
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