

April 16, 2020

## 6 Steps to Get Your Groceries Without Going to the Grocery Store

These are trying times. Our lives have changed because of COVID-19. Finding safe ways to get our food is a new challenge! It's hard not to go to the grocery store ourselves. We like to choose our own fruits and vegetables, and we might feel as though our wings have been clipped!

Public Health officials and grocery store staff are asking us to consider home deliveries. How can we be creative about options, and not feel resentful or limited? One way is thinking about the challenges our beloved parents or grandparents faced during the 1930s or World War II. What might we have to change, at least until COVID-19 eases up?

Is your grocery store offering drive-by pickups or doorstep delivery? Do you have a younger family member who worries about you and would like to help by shopping?

### Make a 6-step plan that includes:

1. List essential supplies that you will need for a week. Don't forget to include a favourite treat!
2. Call your grocer and write down details about how to place an order (or call your younger family member with your list). Check payment options that keep that important physical distance (paying with credit card, etc). Place your order and note delivery time.
3. Prepare a counter that can be easily disinfected to receive your groceries.
4. Once you set them on the counter, wash your hands with soap and water for at least 20 seconds.
5. Put all your groceries away and disinfect the surfaces where you put down your groceries.
6. Wash your hands with soap and water again. Click [here](#) for the Source that inspired the above 6 points.

### Other Suggestions:

- Do not immediately reuse plastic bags and boxes. To be cautious, let them sit for at least 3 days.
- Some people feel most comfortable with washing all fruit and vegetables as soon as they receive them. Place them in a new bag or clean container. You may also wish to wipe down your canned and boxed goods with a bleach-soap-wash.

Remember to always wash your hands before handling or eating any food item.

**Thought for the Week: We stay apart now so that when we get back together, no one is missing.**

### ***Message from Minister Warren Kaeding – Minister Responsible for Seniors***

I commend SSM and its member groups on their efforts to keep seniors informed of available community supports. I would also encourage seniors – and all Saskatchewan residents – to stay apprised of developments related to the COVID-19 pandemic in our province, and to seek help, if required.

Click on the two sites below for up-to-date Canadian information.  
[GOVERNMENT OF SASKATCHEWAN](#)      [GOVERNMENT OF CANADA](#)

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