

## GROCERY STORES OFFERING SPECIAL HOURS:



In order to reduce the risk of exposure to more sensitive populations, certain grocery stores throughout Metro-Detroit are offering specialized shopping hours. If you absolutely MUST go out to the store it's best to utilize these hours in order to keep yourself safe and healthy - plus these hours can help to reduce the added stressors of shopping during this time (i.e., less people in the store at one time, greater varieties of items to select from, etc.).

<b>Aldi</b>	9:00 AM - 10:00 AM
<b>Meijer</b>	7:00 AM - 8:00 AM
	Tuesday, Thursday
<b>Kroger</b>	7:00AM - 8:00AM
	Mon., Wed., Fri.
<b>Costco</b>	8:00AM - 9:00 AM
	Tuesday & Thursday
<b>Fresh Thyme Market</b>	6:00AM - 8:00 AM
<b>Target</b>	8:00AM - 9:00 AM
	Wednesday
<b>Walgreens</b>	8:00AM - 9:00 AM
	Tuesday

\* double check with specific locations because not all stores are offering these hours, only select locations \*



If you are unable to make it to the grocery store during the COVID-19 pandemic, please do not hesitate to ask family members or friends. Also, you can check out our additional brochure for assistance on how to online shop and receive same-day grocery delivery.

Other helpful online resources:

feedingamerica.org  
pantrynet.org  
mealsonwheels.org  
drjeffvw.com



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## A GUIDE TO SAFE GROCERY SHOPPING



<https://www.galaxybraincenter.com/>

## TIPS FOR SHOPPING IN-STORE:

- Disinfect shopping cart handles with disinfecting wipes – not just the handle, but any area that may have come into contact with other shoppers
- Buy enough food for at least 2 weeks to limit the amount of trips to the grocery store



- Pay attention to physical distancing rules (6 feet) marked by floor stickers and hanging signs in aisles or at the check-out

- Don't grab items unless absolutely sure you will be purchasing
- Avoid any aisle with more than 5 shoppers
- Utilize the self-checkout so you're handling your own groceries & money
  - Wipe down the scanner before use
  - Wipe down credit card after use
- Remain calm: You can do this!



## ESSENTIALS TO PURCHASE:

- Milk, eggs, butter, and/or cheese
- Chicken, beef or vegetable stock
- Cereal, oatmeal
- Granola, nuts, or seeds
- Canned items
  - Beans, vegetables, fruit, fish (tuna), soups, chili, etc.
- Dried items:
  - Rice, quinoa, farro, barley, bulgur etc.
  - Dried pasta
  - Dehydrated fruit
- Frozen items:
  - Fruits & vegetables
  - Pizza
  - Burritos
  - Meat, poultry, and fish
  - Frozen treat!
- Pharmacy items:
  - Multivitamins
  - Ibuprofen or Tylenol
  - Toilet paper
  - Paper towels
  - Dish soap and other cleaning essentials, like sanitizing wipes



## DISINFECTING GROCERIES ONCE HOME:

According to an article in the New England Journal of Medicine, traces of the virus are detectable for:

- ~4 hours → copper
- 24 hours → cardboard
- ~2 to 3 days → plastic and stainless steel.
- To be safe, allocate an area in your kitchen where you can set down your groceries
  - Clean the surface with disinfectant cleaning solution first
- Take one item out at a time, wiping down the outside packaging with a disinfectant-saturated paper towel
  - Cereal, Bread & Fresh Produce are all items that can be removed from packaging and placed into a clean container (i.e., tupperware, ziplock bag)
- Wash reusable bags everytime you come home from grocery shopping
- Wipe down the contact surface once done!
- Wash your hands!

