

# Getting The Food You Need During COVID-19

*Making sure you have enough to eat while staying home is one of the harder things to manage as we continue to self-isolate to flatten the curve. Fortunately, there are many delivery services and apps that can help not only ensure you have the basics you need, but also the food items you're craving from your favorite restaurants. Eating while staying home doesn't need to be boring. Here are a few easy ways to get all types of food delivered while staying at home.*



## Support Your Favorite Restaurants

Many restaurants are currently offering to-go and curbside options for their customers. And, on top of that, even more are offering delivery through a variety of apps that offer contact-free delivery options. The best way to find out what your favorite restaurants are doing is to visit their website or social media pages to see if they've posted anything. If not, searching through the following resources and apps to find them could be helpful as well!

## Grocery Shop Online

Most grocery stores right now are offering online shopping and either home delivery or some type of curbside pick up to minimize your time and exposure inside of the store. Giant Eagle is offering both Curbside Express – where you order your items online, and go to the store to have someone bring them out to your car – as well as home delivery of items you've ordered online. You can also order from a variety of stores including Giant Eagle, Aldi, Costco, Sam's Club, Petco and more and schedule a time for home delivery with Instacart.

## Meal Kit Delivery Services

If you're not in the mood to come up with a weekly menu on your own, or if you're just looking for some variety in the food you're eating, a meal kit delivery service might be for you. There are two types of meal kit delivery services available. One is meal kits that you receive already made that just need to be heated. These include, Mom's Meals, FreshNLean, PGHFresh, MealPro and Freshly. The other option is meal kits that you receive with all of the ingredients and recipe cards for you to make yourself. These include Blue Apron, Home Chef, Hello Fresh, SunBasket and Marley Spoon.

## Heat and Eat Options

## Make Your Own Options



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## Safety Tips for Pick-Up, Delivery and Grocery Store Trips

We know that even with delivery available, there may be some unavoidable trips that need to be made to the grocery store. And, even delivery comes with its own set of risks. Overall, according to the FDA, there is no evidence of food or food packaging being associated with transmission of COVID-19. Here are some tips on minimizing risk when receiving deliveries or going to the store.

### Pick-Up and Delivery Tips

- ▶ For delivery and pick up, encourage all payments to be hands-free and interactions to be minimal; consider no-contact, drop-off deliveries.
- ▶ Increase frequency of bag cleaning and disinfecting high-touch surfaces using an EPA-registered product with an emerging viral pathogen. Refer to product label for directions for use.
- ▶ For pickups, limit the number of people inside at the same time to maintain six-foot social distancing recommendations. If possible, have the store place your pick-ups directly into your car trunk.

### Grocery Store Shopping Tips

- ▶ Use disinfecting wipes to wipe down your grocery cart.
- ▶ Wash your hands often with soap and water for at least 20 seconds. If you don't have access to soap and water use a hand sanitizer that contains at least 60% alcohol.
- ▶ Wear a mask if possible and cover your coughs and sneezes.
- ▶ Avoid touching your eyes, nose and mouth with unwashed hands.
- ▶ Practice social distancing by staying six feet apart from other shoppers at all times.



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