

# Meal and Medicine Resources for Patients in Home Isolation



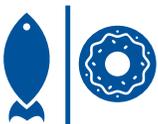
## Patient Education

### Food Safety Tips During Home Isolation

There is currently no evidence linking the spread of COVID-19 with food. However, it is always a good idea to follow basic food safety tips to prevent foodborne illness. Follow these tips for handling, cooking and storing food to keep yourself and your loved ones safe while staying home in isolation.



**Clean:** Wash hands and surfaces often.



**Separate:** Don't cross-contaminate. Keep raw meats, poultry, seafood and eggs apart from ready-to-eat foods.



**Cook:** Cook to the right temperature.



**Chill:** Refrigerate promptly.

### Things to Consider When Ordering and Preparing Food

Home-delivered groceries, subscription meal kits, and mail-order food can be safe ways to supply food to your home while you are in isolation.

#### Before Ordering



**Ask questions first.**

- Call customer service or read the company's website to find out information on food safety guidelines and their COVID-19 response.
- Ask the company what you should do if food arrives at an unsafe temperature or is otherwise not safe to eat.
- Find out if the company provides information with each shipment on safe handling and preparation of food, including cooking temperatures.



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## Arrange for Delivery



### Find a safe space for delivery

- Choose a cool, shaded and secure location where pests and rodents won't be able to get it.
- Let the company know where you would like them to leave your delivery.
- Make plans so you can refrigerate the food quickly instead of leaving it outside.
- When the food is delivered, wait until the delivery person leaves before going outside to pick it up. Avoid contact with the delivery person since you are in isolation.
- Continue to follow the guidelines on preventing the spread of COVID-19.

## When Your Delivery Arrives



### Examine the box and packaging.

When you get your delivery, look for stickers on the box that say “Keep Refrigerated” or “Keep Frozen” if you ordered perishable food, such as meat, seafood, poultry, eggs or dairy.

**Make sure the company uses insulated packaging and materials** such as dry ice or frozen gel packs to keep perishable food cold in transit.

**Perishable food should arrive frozen, partially frozen with ice crystals still visible, or at least as cold as it would be in a refrigerator (40°F or below).**

Check the temperature with a food thermometer. The only way to know the food is safe to eat is to use a food thermometer to make sure the food is 40°F or below. Even if a perishable food product is smoked, cured, vacuum-packed or fully cooked, it must be kept cold.

## When you prepare your food



### Wash your hands.

Wash your hands with soap and water for at least 20 seconds before and after handling any food and before eating. If you touch raw meat or eggs, wash your hands immediately after.

### Wash your tools.

Wash utensils and cutting boards in the dishwasher. Clean your countertops with hot, soapy water after use. Dry your items using a clean towel separate from other household members.

### Rinse your produce.

Rinse fresh fruit and vegetables under running water.

### Separate foods to avoid cross-contamination.

Keep raw meat, poultry, seafood, and eggs away from other foods, and use separate cutting boards, plates and utensils for these ingredients.

### Refrigerate leftovers within 2 hours.

Make sure you know how long your leftovers will keep in the fridge or freezer.

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## Food Delivery Resources

Here are some resources that you may find helpful. Check the websites to see if the company delivers to your home address and to learn about the company's COVID-19 safety measures.

### Grocery delivery

**Aldi:** [aldi.us/en/shop-now/grocery-delivery](https://aldi.us/en/shop-now/grocery-delivery)

**Amazon Fresh:** [amazon.com/fresh](https://amazon.com/fresh)

**Instacart:** [instacart.com/grocery-delivery/durham-nc](https://instacart.com/grocery-delivery/durham-nc)

**Harris Teeter:** [harristeeter.com/shop/store/394](https://harristeeter.com/shop/store/394)

**Lowe's Foods to Go:** [lowesfoods.com/Shop-Online/Lowe's-Foods-To-Go](https://lowesfoods.com/Shop-Online/Lowe's-Foods-To-Go)

**Shipt:** [shipt.com/triangle-grocery-delivery](https://shipt.com/triangle-grocery-delivery)

**Walmart:** [grocery.walmart.com](https://grocery.walmart.com)

### Meal kit delivery

**EveryPlate:** [everyplate.com](https://everyplate.com)

**Farm Fresh to You:** [farmfresh toyou.com](https://farmfresh toyou.com)

**Green Chef:** [greenchef.com](https://greenchef.com)

**HelloFresh:** [hellofresh.com](https://hellofresh.com)

**Home Chef:** [homechef.com](https://homechef.com)

**IONutrition:** [ionutrition.com/durham-healthy-meal-delivery](https://ionutrition.com/durham-healthy-meal-delivery)

**Meals on Wheels America:** [mealsonwheelsamerica.org](https://mealsonwheelsamerica.org)

**Purple Carrot:** [purplecarrot.com](https://purplecarrot.com)

### Restaurant delivery and curbside pickup

Many restaurants also provide delivery or curbside pickup of food. To find restaurants near you that offer curbside pickup or delivery, call the restaurant or look at their website.

### Medicine or Pharmacy Resources

- If you need a refill for your medicines, ask a loved one or neighbor to pick up the medicine for you.
- Call the pharmacy ahead of time to see if the person picking up your medicine needs to bring your picture ID or insurance card.
- You may also consider using a mail-order service or checking to see if your pharmacy offers delivery service for your prescription needs, such as:

**CVS:** [cvs.com/content/delivery](https://cvs.com/content/delivery)

**Express Scripts:** [express-scripts.com/corporate/coronavirus-resource-center](https://express-scripts.com/corporate/coronavirus-resource-center)

**NowRx:** [nowrx.com](https://nowrx.com)

**PillPack:** [pillpack.com](https://pillpack.com)

**Walgreens:** [walgreens.com/topic/pharmacy/prescription-delivery.jsp](https://walgreens.com/topic/pharmacy/prescription-delivery.jsp)