



FARMERS MARKET SHOPPING TIPS WITH COVID-19 IN MIND

While there is currently no evidence to support the transmission of COVID-19 through food, your farmers market shopping trip will look different this year. There will be new market guidelines in place to prevent the spread of COVID-19 and to keep you and your family safe. By following these guidelines, you will keep the farmer/vendor and farmers market safe as well.

BEFORE SHOPPING

- Before going to market, visit the market website or contact vendors to see what changes have been implemented for customers.
- Many markets have implemented order-ahead procedures and pay online, either through the market or directly from the vendor. Once at the market, you will pick up your bagged orders from each vendor.
- If there is no order-ahead process, have a shopping list of items you plan to purchase. This will allow you to focus on purchasing items you need, which means less time at the market and exposure to others.
- Find out if reusable bags are allowed. If they are, be sure you are bringing clean bags (either clean, washed cloth bags or cleaned and disinfected plastic bags).
- Take disinfecting hand wipes or hand sanitizer (60% alcohol) to clean your hands during and after shopping.
- Bring a cooler with ice packs if perishable foods will be above 40°F longer than one hour.
 - Keep perishable foods at 40°F (4°C) or below.
 - Keep raw meats separate from ready-to-eat foods by using multiple plastic bags.

WHILE SHOPPING

- Practice social distancing (stay 6 feet away from others) while shopping and interacting with vendors; wear a face mask as outlined under local, state, and federal guidelines.
- For prepackaged orders, check that your order is accurate and complete and make changes with the vendor as needed.
- Most likely you will not be able to handle individual pieces of produce before purchase.
 - Items may be prepackaged to limit shopper handling or displayed in such a way that only the vendor can handle and package them for you.

- If eggs are available, the vendor can open the carton for you to visually inspect.
- Continue to inspect produce and avoid purchasing bruised or damaged produce (misshapen is okay).
- Pay attention to prepackaged ready-to-eat foods like sandwiches or cut fruit.
 - Ask how long the food items have been sitting out.
 - Cold food should be cold; hot foods should be hot.
 - Vendors/servers should wear gloves when handling ready-to-eat foods.
- Once purchased, take the food home to consume. This includes food purchased from a food truck. Do not linger or eat at the market.

AT HOME

- Wash your hands with soap and water for 20 seconds as soon as you get home.
- Refrigerate perishable foods immediately upon return. Store other foods as appropriate.
- Clean and sanitize countertops where bags were placed, and dispose of plastic bags or wash/clean and disinfect reusable bags immediately.
- Wash your hands with soap and water for 20 seconds again.

STORAGE AND PREPARATION GUIDELINES

- **Fresh produce.** Do not wash until ready to use. When ready to prepare foods:
 - Wash your hands with soap and water for 20 seconds.
 - Wash produce under cool, running water; do not use household soap, detergent, or bleach to wash produce.
 - Wash all parts of the produce, even if not eating the skin/rinds.
 - Pull apart the layers.
 - Use a clean brush for produce with harder skins like potatoes, cucumbers, melons.
- **Eggs and dairy foods.** Refrigerate immediately.
- **Meat and poultry.** Refrigerate or freeze.
 - In the refrigerator, store in containers to prevent juices from dripping.
 - Freeze in containers or bags designed for freezing.



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