

How to Stay Food Secure and Eat Well Despite COVID-19

April 3, 2020

Coronavirus disease 2019 (COVID-19) is spreading in the United States. The disease causes respiratory illness such as cough, fever, and in more severe cases, trouble breathing. The best way to prevent illness is to reduce your risk of being exposed:

- **Wash your hands** thoroughly with soap and water for at least 20 seconds.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- **Cover coughs and sneezes** with a tissue and dispose of used tissues immediately.
- **Stay home** if you can. If you must go out for an essential activity, maintain a distance of at least 6 feet from others.

CDC: cdc.gov/coronavirus/2019-ncov/index.html

CA: covid19.ca.gov

CDPH: cdph.ca.gov/covid19

What to do if you feel sick:

Call ahead before visiting the doctor and stay home except to get medical care. Your doctor or local healthcare provider will instruct you further. cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html

Federal & State Policy Action

The United States Department of Agriculture (USDA) has approved a number of waivers and funds for emergency assistance. Additional funding has been allocated for programs such as SNAP (Supplemental Nutrition Assistance Program), WIC (Women, Infants, and Children), and the National School Lunch and School Breakfast Program. States are working to make this assistance available.

Federal updates can be found at **USDA FNS:** fns.usda.gov/disaster/pandemic/covid-19

Updates on state implementation in California:

CDSS: cdss.ca.gov/#covid19

CDE: cde.ca.gov/ls/he/hn/coronavirus.asp

A summary of COVID-19 relief provisions from **KFF:** kff.org/global-health-policy/issue-brief/the-families-first-coronavirus-response-act-summary-of-key-provisions/

Local Food Initiatives

Community Food Banks and Food Pantries

Food banks and food pantries across California are continuing to ensure that our most vulnerable communities have consistent and safe access to nutritious food. Many are sending out extra food while maintaining high standards of food safety and sanitation.

The **California Association of Food Banks** maintains an online tool where you can search for food banks and food access resources by your zip code: cafoodbanks.org/find-food-bank

Buying Directly From Local Farms & Ranches

Many California farms and ranches are refocusing on direct sales to community members: calagtour.org/Shelter-in-Place_Resources/

School Nutrition Services

Even while schools are closed, many districts are continuing to provide meals to students. Meals are often distributed through a variety of grab-and-go formats for children in grades pre-K through 12. Meal service may vary by location, but all sites will offer free meals to children.

- [Meals for Kids interactive web map](#) (USDA) is available online in both English and Spanish and lists free meal sites across the nation.
- [California Meals for Kids mobile app](#) (CDE) is available for download and lists free meal sites in California under the Emergency Meal Sites section.

Other Policy Resources:

FRAC: frac.org/covid-19-updates

The Education Trust: edtrust.org/resource/child-hunger-and-the-coronavirus-pandemic/

Food Safety & Health

Before preparing or eating food, it's important to practice frequent and thorough handwashing. Other practices, such as cleaning and disinfecting countertops and other surfaces can also serve as protection to you and others.

Although questions have been raised regarding the transmission of COVID-19, there is currently no evidence to suggest that it can be transmitted through food or water systems, but sharing food and beverages is discouraged. Proper home food safety is advised, including promptly refrigerating foods, keeping raw and cooked foods separate, and heating food to the appropriate temperature.

CDC: [cdc.gov/foodsafety/](https://www.cdc.gov/foodsafety/)

UC Davis: ucfoodsafety.ucdavis.edu/covid19-food-safety-resources

Eat Right (AND): www.eatright.org/coronavirus



Wash your hands with soap and water for a minimum of 20 seconds.



Potable tap water is safe. You can use and drink tap water as usual.

Grocery Stores, Farmers Markets, & Shopping

Grocery stores and many farmers markets will remain open and stocked throughout the statewide stay-at-home order. There is no need to stockpile grocery items or household goods. **You should only buy what you need.**

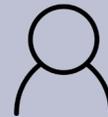
However, many locations have adjusted their hours and operations. Some have designated priority shopping hours for seniors. Many have also limited the number of individuals allowed inside at one time or have increased spacing between vendors. When waiting in line to enter please maintain a distance of at least 6 feet from other individuals.



Only buy what you need. Grocery stores will remain open and stocked.



Disinfect your shopping cart or basket. Many stores are providing disinfecting wipes on-site.



Maintain at least 6 feet of distance from others while in the store.

Other Resources

Specific information for **pregnant and breastfeeding women** can be found below:

- [who.int/news-room/q-a-detail/q-a-on-covid-19-pregnancy-childbirth-and-breastfeeding](https://www.who.int/news-room/q-a-detail/q-a-on-covid-19-pregnancy-childbirth-and-breastfeeding)
- [cdc.gov/breastfeeding/breastfeeding-special-circumstances/maternal-or-infant-illnesses/covid-19-and-breastfeeding.html](https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/maternal-or-infant-illnesses/covid-19-and-breastfeeding.html)

Specific information for **those caring for children** can be found below:

- [cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html)

Additional resources for a **healthy lifestyle**:

- [newsroom.heart.org/news/resources-to-maintain-healthy-lifestyle-amidst-covid-19-outbreak](https://www.newsroom.heart.org/news/resources-to-maintain-healthy-lifestyle-amidst-covid-19-outbreak)
- [heart.org/en/news/2020/03/17/working-out-while-staying-safe-during-the-coronavirus-outbreak](https://www.heart.org/en/news/2020/03/17/working-out-while-staying-safe-during-the-coronavirus-outbreak)

Recursos En Español

Información sobre el coronavirus (COVID-19):

- hia.berkeley.edu/2020/03/12/covid19-resources/

Guidance On The Safe Usage of Open Spaces During COVID-19

April 3, 2020

In response to the COVID-19 pandemic, California has enacted a statewide stay-at-home order to protect its residents. For updates on this order as it applies to outdoor access, please visit: covid19.ca.gov/stay-home-except-for-essential-needs/#outdoor.

Go Solo Or With Your Household

Under the statewide stay-at-home order, you should limit interaction with others not in your immediate household. When outdoors, be sure to maintain a distance of at least 6 feet from others. Share the trail and yield to others to maintain a safe distance.

Choose less frequented parks or trails and try not to park in crowded parking lots or shoulders. While outdoors, please refrain from social gatherings of any kind.



Stay Close To Home

This isn't the time to go exploring. Choose a familiar trail or park that is near your home. Your own city or neighborhood might even have some amazing options that are accessible on foot or by bicycle.

If you would prefer to not leave your home, there are several options online to explore nature virtually.

Stay Safe And Stay Healthy

When accessing outdoor spaces, be sure to abide by the restrictions set by local authorities. For your own safety, do not visit parks or outdoor areas that have been closed. Even when parks and outdoor areas are open, some facilities such as restrooms and waste services may be closed. Please use the restroom at home and pack out your trash.

The above guidelines are adapted from a press release issued on March 24, 2020 from TOGETHER Bay Area, a coalition of 49 public agencies, non-profits, and Indigenous Tribes.

More Resources Regarding Outdoor Access:

California Department of Parks and Recreation:

- parks.ca.gov/FlattenTheCurve

National Park Service:

- nps.gov/aboutus/news/public-health-update.htm

National Recreation and Park Association:

- nrpa.org/blog/keeping-a-safe-social-distance-in-parks-and-on-trails-during-the-covid-19-pandemic/

Rails to Trails Conservancy:

- railstotrails.org/trailblog/2020/march/24/using-trails-and-outdoor-spaces-safely-in-the-wake-of-covid-19/