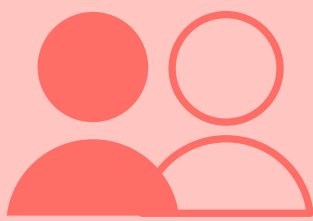
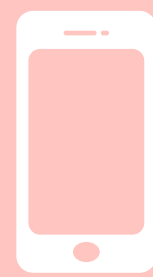


# TAKEOUT DURING COVID-19: HOW TO STAY SAFE & HEALTHY



## Limit In Person Contact

When picking up a meal or receiving a delivery practice social distancing rules and limit the amount of people that could be exposed. Consider drop off locations at your home to prevent person-to-person contact.



## Order Online or Use Curbside Pickup

Order from restaurants that have curbside pickup or can deliver directly to your door. Look for restaurants that allow payment online or by phone to limit in-person contact.



## Wash your hands

After receiving your delivery or picking up takeout food, wash your hands or use hand sanitizer if soap and water are unavailable.



## Transmission of COVID-19 Risk

There is currently no evidence that food or food packaging has been linked to Covid-19 transmission.



## Focus on Nutrition

When ordering takeout be sure to focus on nutrition. Order foods that contain the five food groups - whole grains, lean protein, fruits, vegetables and dairy. Choose foods that are baked or grilled instead of fried or battered. Incorporate different textures to satisfy your cravings!

Enjoy Your Meal!

Even though you are ordering in or picking up food take time to sit down and enjoy your meal!

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