

How to Get Food During Coronavirus

You're likely worried about the COVID-19 coronavirus pandemic and want to do everything you can to keep your family safe. Fortunately, you don't need to worry about running out of food, even if your community is under a shelter-in-place...

Method 1 of 4:

Going to the Grocery Store

- 1. Limit your household to 1 trip to the grocery store per week if possible.** You likely don't need to worry, but trips to the grocery store do carry some risk, as you'll be around other people. Try to limit shopping trips to once a week to minimize your risk of contracting the coronavirus. Buy everything you need for the week during that 1 trip.^[1]
 1. It's also best to send 1 adult from your household so there are fewer people at the store.
- 2. Go during off-peak hours if you're shopping for your own items.** Off-peak hours are the best time to go because the store won't be so crowded. Typically, off-peak hours are early in the morning or later in the evening. However, they can vary from store to store.^[2]
 1. The peak hours may change since some people are off from work. If you get there and the store appears busy, it may be best to come back at a later time.
 2. Some stores are limiting how many guests can go in at once to help with social distancing, which helps both guests and workers reduce their risk of getting sick. If you have questions about this, call your store and ask what you need to do to comply with their social distancing policy.
- 3. Check for special hours if you're aged 65 or older.** Fortunately, many stores are offering designated shopping hours for older shoppers since you're at a higher-risk for complications from coronavirus. Typically, the store is less busy during these hours. Consult your grocery store to find out if they have special hours.^[3]
 1. Try to go during the special hours if you can.
- 4. Wipe down your cart with a sanitizing wipe.** Carts might carry germs, so it's important to sanitize them before use. Most stores offer sanitizing wipes, but you can also carry your own. Use the wipe on your grocery cart's handlebar and anywhere on the cart you might touch.^[4]
 1. Use sanitizer on your hands after you wipe down the cart.
- 5. Sanitize your hands often while shopping.** Carry a hand sanitizer that's at least 60% alcohol with you. To use it, apply a coin-sized amount to the palm of one hand and rub your hands together vigorously until the sanitizer evaporates. Sanitize your hands after you touch anything in the store.^[5]
 1. When you leave the store, sanitize your hands before loading up your groceries or starting for home.
- 6. Stay 6 ft (1.8 m) away from others while shopping.** While you're shopping, it's still important to practice social distancing. Do your best to distance yourself from other shoppers and employees. Move away if someone is getting close to you.^[6]
 1. In general, respiratory droplets that spread COVID-19 can spray up to 6 ft (1.8 m) away from an infected person.

7. **Order curbside pickup if you can plan your shopping list in advance.** With curbside pickup, a store employee will collect your items, package them, and bring them to your car so you don't have to go inside. To use curbside pickup, download your grocery store's app, select the items you want, and pay for your order. Select a time to pick-up your order and park in the spot that says 'curbside delivery.'^[7]
 1. You will likely need to order your groceries about a week in advance since curbside pickup is so popular right now due to the pandemic.
8. **Don't go to the store if you're sick or living with someone who is.** If anyone in your household is ill, it's possible you could infect others. Stay in your home except to seek medical care. In the meantime, order your groceries for delivery or ask a family member or friend to get your groceries for you.^[8]
 1. Don't interact with the person dropping off your groceries. Ask them to leave the items on your porch since you or someone in your household is sick.

Method 2 of 4:

Ordering Groceries for Delivery

1. **Download a delivery app.** Visit the app store on your phone and search for the delivery app you want to try. Click on 'install' to download the app to your phone. When it's ready, click 'open' to go to the app.^[9]
 1. Good options include Instacart, Shipt, and Peapod. You might also use your grocery store's app, such as Walmart Grocery Delivery, Kroger Grocery Pickup & Delivery, or HEB Curbside & Grocery Delivery.
 2. If you have Amazon Prime, try Amazon Prime Now, which usually delivers in 2 hours. You can also get expedited 1-hour delivery for a fee of around \$10.
 3. Some services, like Shipt, have an annual or monthly membership fee. However, some services, like Instacart, allow you to pay per delivery.
2. **Choose your groceries in the app.** Scroll through the app to shop by item or department. Select the items you need and add them to your cart. Check the quantity to make sure you're getting everything you need.^[10]
 1. Review your cart before you place your order to make sure it's correct.
3. **Select how and when you want your groceries delivered.** When you're ready to order, go to your cart and click the 'checkout' or 'order' button. Click on the date and time you want your groceries delivered. Additionally, enter any delivery instructions in the space provided.^[11]
 1. Since delivery services are so popular right now, you'll likely need to wait several days, or even a week, to get your groceries. Check the date carefully to find out when you can expect your order to arrive.
 2. You may enter 'no-contact delivery' in the delivery instructions box if you'd prefer your groceries be left on your porch.
4. **Pay for your order.** Review the total amount to make sure it's correct. Keep in mind that you might pay an extra fee to have your food selected, packaged, and delivered, so the total may be slightly higher than your normal grocery bill. Enter your payment information using a credit or debit card.^[12]
5. **Tip your delivery driver in the app or in person.** Part of your driver's income is based on tips, so it's important to give them something. Look for a tip box in the app and enter the amount you want to tip. Otherwise, offer your delivery driver a cash tip when they arrive.^[13]
 1. In general, 20% is considered a good tip, but you might tip more because of the strain put on delivery drivers during the pandemic.
 2. If you're tipping cash, you might put the tip in an envelope that you can put out before the time of your delivery.

Method 3 of 4:

Getting Takeout or Delivery from a Restaurant

1. **Order your food at the restaurant if you want to pick it up.** Many restaurants are staying open for pick-up and curbside drop off. Before you go, call the restaurant or visit their website to place your order. Then, arrive at your designated time to pick up the order. Follow the restaurant's instructions for pickup, as they may have a new take-out policy because of the pandemic.^[14]
 1. For instance, some restaurants prefer that you wait in your car until they bring out your order.
2. **Place an order with a delivery service for a convenient option.** Delivery is an easy way to get your food without having to leave your home. Use your favorite delivery app or try out a popular service if you're new to home delivery. Find your favorite restaurant on the app, select the meal you want, and click on the 'order' button.^[15]
 1. Delivery services include UberEats, Grubhub, Doordash, Postmates, and Instacart.
3. **Ask for no-contact delivery if it's available.** With no-contact delivery, your food is left on your porch so there's no interaction between you and the driver. Additionally, you'll be able to pay and tip through the app you're using. This allows you to get food delivered while limiting personal contact between you and the delivery driver.^[16]
 1. As the coronavirus pandemic continues, this service is becoming more widely available.
 2. Don't forget to tip your delivery driver through the app you're using.

Tip: If the app you're using doesn't give the option for no-contact delivery, try typing it into the 'delivery instructions' box. It's likely that your driver will oblige you, as they likely want to limit human contact, as well.

4. **Pay for your order and tip the driver.** Pay for your order through the app you're using. Enter your payment information and check for a tip line. Enter the tip and submit the payment.^[17]
 1. In general, it's recommended that you tip at least 20% on food orders. However, you might choose to tip more.
5. **Transfer the food to your dishes and throw away the packaging.** You likely don't need to worry about getting sick from food delivery. To be on the safe side, however, it's best to eat your meal off of your own dishes. Since it's possible for the virus to survive on surfaces for a period of time, handling the food packaging while eating carries a small amount of risk.^[18]
 1. After you put the food on a plate or in a bowl, discard all packaging materials and wash your hands for at least 20 seconds before you eat.

Method 4 of 4:

Dealing with a Financial Need

1. **Contact your local food bank to ask for immediate help.** Like a lot of people, you may be losing income because your work hours are cut or you're temporarily out of work because of the coronavirus. If so, you're probably really worried about how you're going to feed yourself and your family. Fortunately, you aren't alone right now because your local food bank is ready to help. Call the food bank to find out how you can pick up groceries or have them delivered to you.^[19]
 1. You can find your local food bank here: <https://www.feedingamerica.org/>
2. **Check with your child's school to see if meals are available.** While having your child safe at home can bring you peace of mind, feeding them extra meals every day can get costly. Fortunately, many schools are

providing free meals every day for kids who are out of school. Contact your child's school or check their social media to find out if they're offering food pick-up.^[20]

1. If your child's school is giving out food, you'll likely need to pick it up in a vehicle so it's possible to practice social distancing.
2. Some schools are working with local food banks to provide additional food and snacks.
3. **See if you qualify for SNAP or WIC under special coronavirus guidelines.** Because the coronavirus pandemic is causing temporary unemployment for a lot of people, food assistance programs are being flexible about who can sign up. If you're losing income because of the coronavirus, you might qualify for benefits. Contact your local Health and Human Services Department to see if you can sign up for the Supplemental Nutrition Assistance Program (SNAP), which offers food stamps, or the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).^[21]
 1. If you're approved, you'll receive temporary assistance with purchasing food while your income is affected by the pandemic.

You finished reading the article "**How to Get Food During Coronavirus**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.