

# Tips for shopping wisely and safely



Make a **list** before you set out for the supermarket and **plan your meals** ahead of time



Buy **only what you need**. We all need to do our part to guarantee the supply



Practice **physical distancing** in the supermarket and apply **safety measures**



Choose **unprocessed foods** and eat a healthy, **balanced diet**



Clean **cans and packages** before storing



Pay by **card** whenever you can



When you get home, **wash your hands thoroughly with soap and water**

