

LIST OF ESSENTIAL SUPPLIES

In the event that you become ill or have been exposed to COVID-19, you will need to stay home for 14 days. We put together a list of essentials for you to prepare and adapt to your needs. It is important to have extra food at home that provides adequate nutrients and energy. You don't need to rush and "stockpile" supplies. The goal is to be prepared and purchase items gradually. The next time you're at the store, pick up extra supplies.

FOOD

- Fresh veggies with a longer shelf life like beets, carrots, parsnips, rutabaga, turnip, potatoes, yams, cabbage, squash, onions.
- Fresh fruit with a longer shelf life: apples, melon, oranges, grapefruit.
- Frozen vegetables and fruit, canned vegetables and fruit, dried fruit, applesauce, tomato sauce.
- Whole grains like rice, barley, bulgur, couscous, quinoa, bread, tortillas, pasta, cold dry and hot cereals, crackers.
- Frozen and canned meat and fish, soup, stews (lower sodium).
- Firm tofu and tempeh.
- Yogurt, eggs, hard cheese, non-refrigerated milk and plant-based beverages, milk powder, evaporated milk.
- Canned and dried beans, chickpeas, lentils, nuts, seeds, nut butters.
- Flour, oil, butter or margarine, coffee, tea, jam/honey, sugar, granola bars, bouillon cubes, spices, condiments.
- Infant formula (only if currently being provided to infant).
- Meal replacements (if taken for specific medical conditions).
- Pet food and supplies.

NOTE: Best before dates refer to quality, not safety.

MEDICATIONS

- Pain and fever medicine (speak to your Pharmacist).
- If possible, fill your prescriptions for an extra month.
- Vitamin and mineral supplements (if applicable).

SANITARY/HYGIENE SUPPLIES

- Hand soap, alcohol-based hand sanitizer, disinfectant wipes, bleach.
- Diapers, female hygiene products, tissues, wipes, toothpaste.
- Laundry detergent, dish soap, garbage bags.
- Floor cleaner, mop and bucket, toilet cleaner.

HOW TO SHOP SAFELY

- Do not shop if you are sick, over 70 years of age or have a weakened immune system.
- Choose one person from your household to do the shopping.
- Shop at a less busy time.
- Wash or sanitize your hands before entering the store.
- Always practise physical distancing.
- Once home, wash your hands well after handling food packaging and clean counters.
- When unable to practise physical distancing, a cloth mask may be worn as an additional measure.