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Cooperative Extension: Food & Health

COVID-19 Food Safety Information for Maine Consumers

Updated: April 16, 2020

Cleaning & Disinfecting

- [How to disinfect surfaces \(YouTube\)](#), Louisiana State University AgCenter
- [Best Ways to Wash Fruits and Vegetables](#)
- [Cleaning And Disinfecting Your Home for COVID-19](#), CDC
- [Cleaning and Disinfection for Households with Suspected or Confirmed COVID-19](#), CDC
- [Cleaning and Disinfecting Reusable Bags \(PDF\)](#), NC State Extension
- [COVID-19 – Disinfecting with Bleach](#), MSU Extension

Food Purchasing & Storage

- [Shopping for Food During the COVID-19 Pandemic](#), FDA
- [Is Coronavirus a Food Safety Issue? \(PDF\)](#), NC State Extension
- [Is Coronavirus a Concern at Grocery Stores? \(PDF\)](#), NC State Extension
- [Is Coronavirus a Concern with Takeout? \(PDF\)](#), NC State Extension
- [COVID-19 FAQs for Food Pantries \(PDF\)](#), NC State Extension
- [COVID-19 FAQs for Food Service \(PDF\)](#), NC State Extension
- [Preparing an Emergency Food Supply, Short Term Food Storage](#), University of Georgia Extension
- [Food Safety and Availability During the Coronavirus Pandemic](#), FDA
- [Foodkeeper App](#), foodsafety.gov
- [Understanding Dates on Food](#), Academy of Nutrition & Dietetics
- [How to Freeze Fruits](#), [How to Freeze Vegetables](#), National Center for Home Food Preservation
- [Thawing and Preparing Foods for Serving](#), National Center for Home Food Preservation
- [Food Preservation How-To Videos](#), University of Maine Cooperative Extension
- [Cooking from Your Pantry](#), PennState Extension
- [Recipes Using Pantry Staples](#): Below are recipes that use many pantry staples. More recipes can be found at [UMaine Extension's recipe page](#). If a recipe calls for an ingredient that you do not have on hand, check out University of Nebraska-Lincoln's resource about [basic ingredient substitutions](#).
 - [Bean and Squash Chili](#)
 - [Cheesy Lentils and Rice](#)
 - [Chicken, Corn and Rice Casserole](#)
 - [Spinach Potato Pancake](#)
 - [Acorn Squash Soup with Kale](#)
 - [Curried Lentil Squash Soup](#)
 - [Hearty Lentil Soup](#)
 - [Kale and White Bean Soup](#)
 - [Savory Bean Stew](#)

Resources for Washing Your Hands

- [Keeping Hands Clean](#), CDC
 - [What you need to know about handwashing \(YouTube\)](#), CDC
- [COVID-19 Preventative measures clean your hands often \(PDF\)](#), NC State Extension

For Questions or More Information

Contact Dr. Jason Bolton, Associate Extension Professor and Food Safety Specialist, Academic Director of Innovation Engineering, University of Maine Cooperative Extension, jason.bolton@maine.edu, 207.581.1366 and **Kathy Savoie, MS, RD**, Extension Professor, University of Maine Cooperative Extension, ksavoie@maine.edu, 207.781.6099 or 1.800.287.0274 (in Maine).

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Cooperative Extension
 5741 Libby Hall
 Orono, Maine 04469-5741

Tel: 207.581.3188 or 800.287.0274
 (in Maine)
extension@maine.edu

