

Hi all, this message is from Vicky. April 28, 2020.

For most of us grocery shopping has sure changed since the beginning of the year! Even from week to week there are new procedures.

Today I went grocery shopping. This was my third trip out since March 17. The first time I was one of the few wearing protective gear. I felt totally weird. Today I didn't feel conspicuous at all, now that there are 32,846 cases in the state and 90 in the county more people are taking this seriously.

Publix has a nice setup where the aisles are one way, and the employees are all wearing masks. The problem is the public at Publix. More than half of the customers, including people that are well over 70 were not wearing masks, and about 70 percent were totally oblivious to the one-way rules and signs. And many mask less people invaded my 6ft perimeter.

One only hopes that people will get used to the new normal, and begin following distancing rules. Of course, the computer club clock has shown just how difficult it is to process change.

If you are going to do in person grocery shopping

1. Wear a mask that covers your nose and mouth.
2. Look around to see if there are one-way traffic indicators as you enter aisles, Publix has them on the floor, but the new ones are less obvious than the temporary blue painters tape that was there when they started this 2 weeks ago.
3. Maintain a distance of at least 6 feet between you and your fellow shoppers.
4. If possible, only one person per household should be going into the store. If your significant other has been accompanying you and throwing things into your cart that shouldn't be there, or restricting you from spending an extra penny to get the brand you trust, you have the perfect excuse to shop alone!
5. Don't touch your face or eyes.
6. Wash your hands and wipe down your counters after you are done handling your groceries.
7. Consider using curbside delivery or home delivery of your groceries.

The grocery pickup and delivery services vary by area. Here in Vero Beach we are pretty lucky, but my friends that have gone back to Michigan had a very difficult time finding similar services when they returned home and started their 2-week quarantine.

Sandy is using Publix's InstaCart service with homedelivery, which sounds like an interesting option to avoid the people who don't seem to care if they infect you. I was interested in how it works, and Sandy is going to tell us a bit about how that is working for her in " Grocery Shopping - Part 2."

<https://www.digitaltrends.com/home/walmart-grocery-pickup/>
<https://ww4.publix.com/faq/instacart>