Myth Bustin’ Monday’s

4/10/2020

Today we are combatting 3 myths about food and groceries.

Myth #1 : You need to wash all produce in vinigar. For the average consumer, research has shown that washing produce with tap water is just as effective as washing produce with any produce wash solutions that are on the market. There is currently no evidence that vinegar or vinegar solutions are effective in killing the COVID-19 virus. Washing produce in vinegar may also negatively change the texture and taste of your produce. Wash your produce under running water as recommended by the FDA.

Myth #2: Food and Food packages can transmit COVID-19. The U.S. Food and Drug Administration reports that, “Currently, there is no evidence of food or food packaging being associated with transmission of COVID-19” (USFDA, 2020). Unlike foodborne gastrointestinal (GI) viruses like norovirus and hepatitis A that often make people ill through contaminated food, SARS-CoV-2, which causes COVID-19, is a virus that causes respiratory illness and not gastrointestinal illness. Foodborne exposure to this virus is not known to be a route of transmission.

Myth #3: Drinking hot water, lemon, and baking soda will eliminate the coronavirus. A post circulating on social media falsely claims that a blend of sodium bicarbonate and lemon juice will “eliminate” the novel coronavirus. The post also claims this “cure” has prevented any COVID-19 deaths in Israel. This information is false. No, this is not a cure. For the full article click here. https://www.factcheck.org/2020/04/lemon-juice-tea-does-not-cure-covid-19-in-israel-or-anywhere-else/

For more myth busting about COVID-19 go to https://www.uaex.edu/life-skills-wellness/health/covid19/mythbusting.aspx