

# Nisqually Indian Tribe – Safeway fruit and vegetable vouchers



Nisqually Community, in 2021 we continue to have a fruit & vegetable voucher program for eligible community Members. This is a \$10 voucher that can be used at Safeway or Albertsons for **Fresh – Frozen – Canned** fruit and vegetables.

This is for eligible individuals to address food insecurity and chronic disease risk. To determine your eligibility and learn more about this program, please call and ask for one of our voucher distributors for more information:

Anita Paz, TANF Administrative Assistant 360.456.5221

Mary Szafranski, PHN or Lavita Tessay-Plumage, Adult Care Caseworker

@ The Nisqually Health Department 360.459.5312

During this difficult time, we are providing an option for us to mail your voucher to you or coordinating curbside pickup.

Please remember to follow these tips when you use your voucher and visit the grocery store:



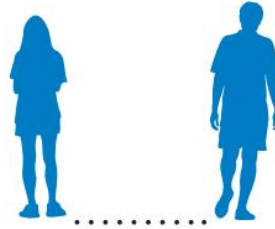
## Before Leaving the Home

- Write down a shopping list on paper to avoid touching your phone in the store.
- **Stay home if feeling sick with fever, cough, difficulty breathing, headache, muscle pain, chills, or sore throat.**
- Bring your own hand sanitizer, wipes, or cloth with cleaning solution if you have them.



## Before Entering the Store

- **Wear a mask or bandana**, and make sure that it **covers both the mouth and nose.**
- **Wipe down shopping cart or basket handles** with disinfectant wipe or cloth with cleaning solution.
- Leave your reusable bags behind. Use plastic or paper bags from the store instead.



## When Inside the Store

- **Do not touch your eyes, nose, or mouth.**
- **Keep a distance of 6 feet from others at all times**, especially in the aisles and at checkout. Stores may also have additional distancing rules.
- **Cough or sneeze into a tissue or the inside of your elbow.**
- Use a debit card instead of cash when at the register.



## When Entering Home

- Remove shoes and leave outside.
- **Wash your hands immediately upon returning home.**
- **Wipe down phone, wallet, debit card, and other objects touched** while in store with disinfectant wipes or cleaning solution.
- **Wipe down countertops** with disinfectant wipes or cleaning solution after unpacking food.