参考译文

Ding Dong. Friday's at the door and even though it's keeping its social distance it's still delivering awesome. I'm Carl Azuz delivering your Friday edition of CNN 10. We're starting at the grocery store and we're going to need some extra cash. In the month of April, the price of groceries grew 2.6 percent according to the U.S. Labor Department. So if a family spent $1,000 on groceries in March, they would have needed an extra $26 for those same groceries in April.

叮咚。周五来了。尽管仍要保持社交距离，但仍然很棒。我是卡尔·阿祖兹，这里是周五的CNN 10分钟新闻。我们从杂货店开始，需要一些额外的现金。根据美国劳工部的数据，4月份食品杂货价格上涨了2.6%。因此，如果一个家庭在3月份在食品杂货上花了1000美元，那么他们在4月份同样的食品杂货上就需要多花26美元。

The 2.6 percent increase was the biggest jump from one month to the next since 1974. You can guess why this happened. It's another side effect, really a series of them, to the ongoing corona virus pandemic.

2.6%的增幅是1974年以来最大的月环比增幅。你可以猜到为什么会这样。这是另一个副效应，冠状病毒一系列的负效应。

When restaurants shutdown and businesses closed, more Americans started cooking at home. So demand for groceries went up but then many food producers and farmers had trouble quickly shifting their deliveries from those restaurants to grocery stores. It's a very complex process and there've been outbreaks of COVID-19 in some food processing plants forcing some of them to shutdown. So there's this perfect storm of increase demand, jarring changes in delivery and reduced supply but on top of all that some shoppers started panic buying. Picking up lots of food that they didn't plan to eat right away.

餐馆关门和企业关门，更多的美国人开始在家做饭。因此，对食品的需求增加了，但许多食品生产商和农民却难以迅速将供应从这些餐馆转移到食品杂货店。这是一个非常复杂的过程，一些食品加工厂爆发了COVID-19疫情，迫使一些工厂关闭。需求增长风暴，扰乱了交付和供应减少，但最重要的是，一些购物者开始恐慌性购买。买了很多他们不打算吃的食物

So to keep certain groceries in stock, stores put limits on the amounts people could buy. They've also raised prices to discourage people from buying so much and to recover some of the extra money they've had to pay to suppliers. Meat, eggs, bread, cereal, soup, soda, fruit and coffee all went up in April. Some prices went down though. Ham, breakfast sausage, butter, prepared salads and cupcakes got cheaper. As stores and shoppers made adjustments to the ways they responded to all this, technology has found some fascinating new roles in this changed way of life.

因此，为了保证某些食品的库存，商店对人们可以购买的数量进行了限制。他们还提高了价格，以阻止人们购买这么多的商品，并收回他们不得不支付给供应商的部分额外费用。四月份，肉类、鸡蛋、面包、麦片、汤、苏打水、水果和咖啡的价格都上涨了。不过有些价格下降了。火腿、早餐香肠、黄油、沙拉和纸杯蛋糕都变得更便宜了。当商店和购物者调整他们对这一切的反应方式时，技术在这种改变了的生活方式中发现了一些迷人的新角色。

听力原文

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