

SAFE FOOD SHOPPING GUIDE

Home food safety starts at the store. Grocery shopping must be done safely to reduce the risk of food poisoning. By following these recommendations, you can help make sure the food you bring home is safe.

STOREWIDE TIPS



Bring hand sanitizer and use it before sampling foods at the store



If the "sell by" date has passed, don't buy the product



Make sure food packages are free from holes, tears or openings

PRODUCE

When buying pre-cut, fresh produce, make sure it's refrigerated or set in ice

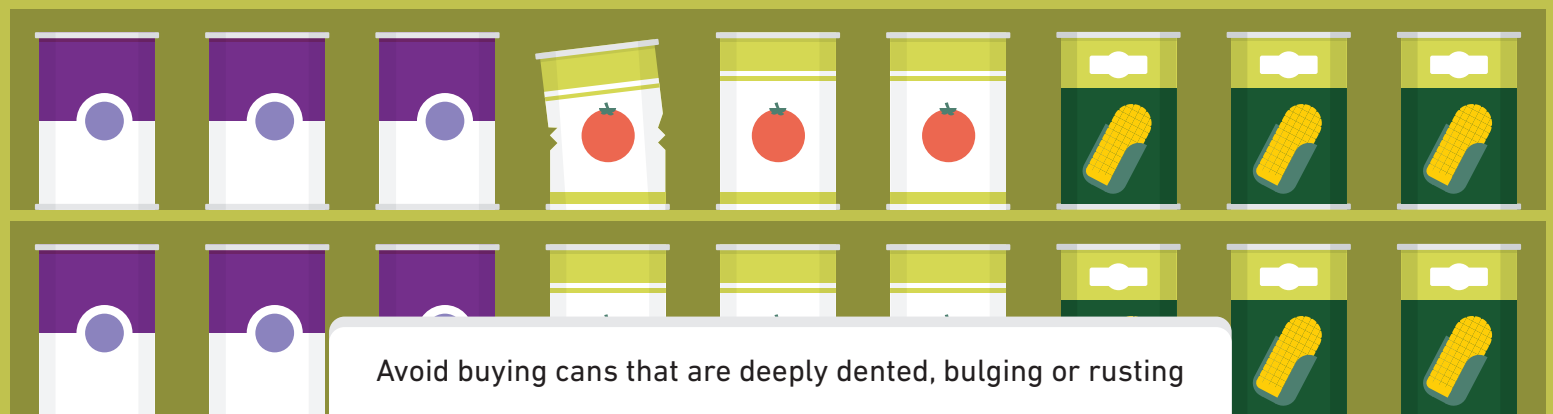


Keep fruits and vegetables separate from raw meat, poultry and seafood products in your cart

Pick produce that is free of major bruises and damages

Beware of bulk discounts, since fresh produce has a limited shelf life

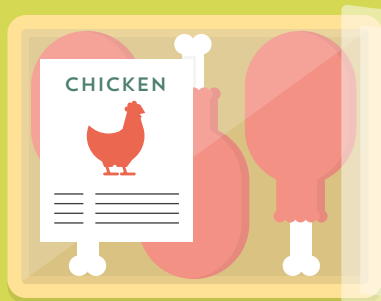
CANNED GOODS



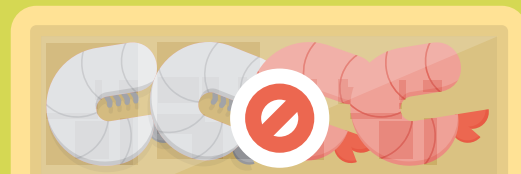
Avoid buying cans that are deeply dented, bulging or rusting

Buy these perishable items toward the end of your shopping trip:

MEAT, POULTRY & FISH

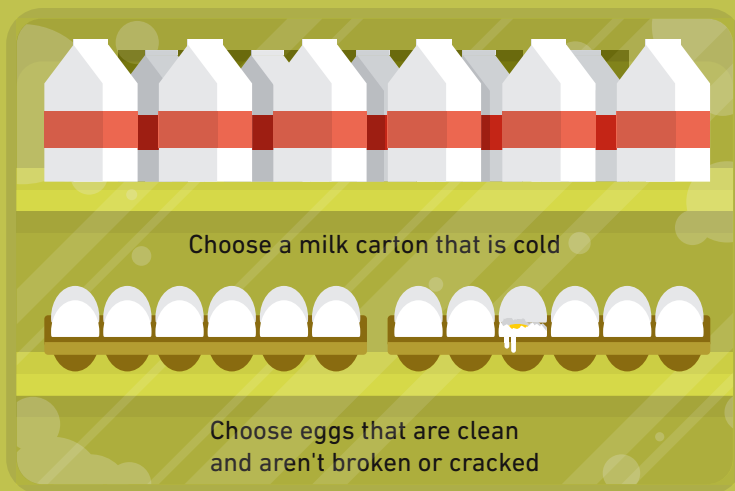


Put raw meat, poultry and seafood in plastic bags before placing them in your cart to keep them from leaking onto other foods



Choose pre-cooked meats and fish from the butcher counter that are completely separated from raw items in the display

DAIRY & EGGS



Choose a milk carton that is cold

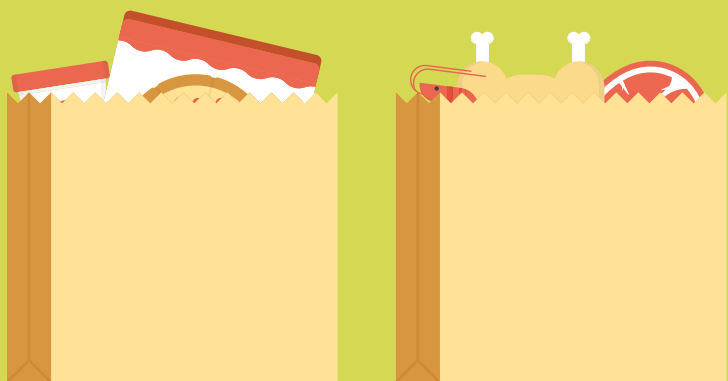
Choose eggs that are clean and aren't broken or cracked

FROZEN FOODS



Frozen foods should show no signs of thawing

CHECKOUT



When checking out, bag frozen foods together to keep them cold

Bag raw meats, poultry and seafood separate from other foods to keep juices from leaking

HEADING HOME



Go home immediately after grocery shopping because perishable food must be refrigerated within two hours



- ▶ If you know you can't go straight home, bring a cooler bag to store the perishable items
- ▶ Wash reusable grocery bags regularly

For more tips to keep food safe from the store to your fork, visit www.HomeFoodSafety.org.



Home Food Safety®
www.homefoodsafety.org