**Safety tips on the way home**

* Keep raw meat separate from other foods
* Make the market your last stop
* Use cooler/insulated bags, especially if it takes more than 1 hour to get home

**Safety tips at home**

* Wash produce under running water even if you are not eating the peel as dirt can transfer outside to inside
* Keep raw meat, poultry, seafood, and eggs below and separate from all other foods in the refrigerator
* Refrigerate or freeze perishables within 2 hours to prevent microbial growth

** Tips to Shop Safe at Farmers Markets **

**Safety tips at the market**

|  |  |
| --- | --- |
| **Food type/category** | **What to look for** |
| Fresh produce | Clean, looks fresh, no cuts or nicks |
| Cut or peeled produce | Surrounded by ice  Looks fresh and cold |
| Meats, eggs, cheeses | Product is in cooler or on ice |
| Milk | Must be pasteurized (KS/MO regulation) |
| Home canned foods | Ask how it was prepared and handled |
| Booth, personal cleanliness | Vendors have clean clothes, hands, no wiping nose, etc. |
| All products | Ask vendors about their food safety practices |

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**All foods should be cooked thoroughly to kill microorganisms**

* Beef, pork, lamb, and veal steaks, chops and roasts, seafood: **145°F** with a 3 minute rest time after cooking
* Ground beef, pork, lamb and veal; egg dishes: **160°F**
* All poultry products, all reheated foods**: 165°F**

*Sources:*

* *Food Safety on the Move.* The Partnership for Food Safety Education 2013. Available from: [www.fightbac.org](http://www.fightbac.org)
* *Check your steps.* FoodSafety.gov 2013. Available from [www.foodsafety.gov/keep/basics](http://www.foodsafety.gov/keep/basics)

*Adapted by: Priscilla Bloom, Aramark Dietetic intern*

*Prepared by: Londa Nwadike, PhD, Kansas State University/ University of Missouri Extension Consumer Food Safety Specialist*

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