### Tips to Shop Safe at Farmers Markets

#### Safety tips at the market

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

#### 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
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:

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