Food Safety for Boomers and Beyond

Shopping Safety

At the store:
- Buy non-perishable food first and cold or frozen foods last
- Separate foods in the cart
  - place all meat items in a disposable plastic bag before placing in your cart
  - keep raw meat, poultry, or seafood juices away from other foods
  - separate food products from cleaning products

Go straight home and put food away:
- Refrigerate perishable foods within 2 hours
- If outdoor temperatures are >90°F, refrigerate perishables within 1 hour
- Use coolers or insulated bags to hold foods cold longer

Did you know—
The number of bacteria can double in as little as 20 minutes, given the right conditions

While shopping beware of cans or jars that are—
- leaking, bulging, cracked, or dented
- loose or bulging lids
- giving off foul odors

Source: ¹U.S.Dept. of Agriculture, Be Food Safe

How clean is your shopping cart?
- Shopping areas and carts are covered with germs from hands, shoes, leaky meat packages, and leaky diapers
- Be safe and sanitize the cart before using
- Wash your hands after shopping and before storing items

Should I reuse plastic shopping bags?
- NO, used bags may be contaminated with juices from leaky food or meat packages; dispose of all bags that held raw meat
- Launder reusable cloth bags after use

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