



## Shopping Safety

Food safety begins when food is purchased, so plan your shopping trip to prevent foodborne illnesses



### 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




### 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



-  Read the product dates
  - do not buy foods past the use by date
-  Inspect packaging
  - do not buy products with torn or leaky packaging
  - ensure food is refrigerated and/or frozen
-  Buy clean eggs free from cracks
-  Inspect fruits and vegetables
  - avoid fruits and vegetables that are bruised or damaged
  - only buy cut or prepared fruits and vegetables from a refrigerated case, especially cut melons




### 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<sup>1</sup>

### While shopping beware of cans or jars that are—

-  leaking, bulging, cracked, or dented
-  loose or bulging lids
-  giving off foul odors

Source: <sup>1</sup>U.S.Dept. of Agriculture, Be Food Safe