

Food Safety for Boomers and Beyond

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:

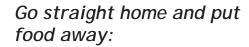


Buy non-perishable food first and cold or frozen foods last



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





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 Ionger





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

Did you know-

The number of bacteria can double in as little as 20 minutes, given the right conditions¹

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



