

# Tips to Shop Safe at Farmers Markets BExtension



## 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	Vendors have clean
cleanliness	clothes, hands, no
	wiping nose, etc.
All products	Ask vendors about
	their food safety
	practices

## 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:

- Food Safety on the Move. The Partnership for Food Safety Education 2013. Available from: www.fightbac.org
- Check your steps. FoodSafety.gov 2013. Available from www.foodsafety.gov/keep/basics

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