

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 cleanliness	Vendors have clean 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

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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

Adapted by: Priscilla Bloom, Aramark Dietetic intern

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