

Food Safety Tips

Know how to protect you and your family!

At the grocery store:

- Select perishable food items last. Meat, poultry, and eggs are foods you should place in your cart at the end of your shopping trip in order that they stay refrigerated as long as possible.
- Separate foods in your grocery cart. To avoid cross contamination, keep raw meats away from other grocery items.

Food Storage:

- Place raw meats, poultry, and seafood in containers or sealed plastic bags to prevent their juices from dripping onto other foods in the refrigerator.
- Refrigerate leftovers within 2 hours in a clean, shallow container.

Food Preparation:

- Always begin by washing hands with soap and warm water for 20 seconds.
- Use one cutting board for fresh produce and a separate one for raw meats, poultry and seafood.
- Going from frozen food to thawed food should not be accomplished on the kitchen counter. Thaw food in the refrigerator or in the microwave.

Temperature:

- Make sure food is kept out of the “Danger Zone.”
- Bacteria can multiply quickly in perishable foods left between 40° and 140°F.

