

## Produce

Buy only what you need—don't stock up.

Pass up produce that looks slimy or moldy.

Remember to rinse all produce before using—don't just soak in a bowl or sink.

## Meats

Separate raw meat, poultry and seafood from other foods in your grocery shopping cart and in your refrigerator.

Put packaged meat into separate plastic bags before placing them in your cart.

Store raw meat on the lowest shelf of the refrigerator to avoid having juices drip onto other foods.

## Dairy Foods

Check the “sell by” date on dairy items. Buy the ones that will be fresh the longest.

Open cartons of fresh eggs. If any are cracked or stuck, don't buy them.

Use pasteurized dairy products. These are treated to kill harmful bacteria.



# Keep Food Safe: Start at the Store

## Look for Dates

Pay attention to “sell by” and “use by” dates on perishable products. If the “sell by” date has expired, do not buy the product. The “use by” date applies to use at home after purchase.

## Canned Goods

Pick up canned and packaged foods before your refrigerated and frozen foods.

Choose canned goods that are free of dents, cracks, rust or bulging lids.

When putting canned foods away, be sure to place the new cans behind the older canned items so the older ones will be eaten first.

## Frozen Foods

Frozen foods should be solidly frozen and should not show signs of thawing. There should be no holes or tears in packaging.

If you live more than 30 minutes from the grocery store or have other errands or stops to make, place foods in an ice chest for the trip home.

