



# Food Safe Shopping & Storage

March 2018

Following these tips when buying and storing food can help prevent foodborne illness

**DO**



Keep produce separate from meat, poultry, seafood, and eggs in shopping carts and bags

**DON'T**

Choose meat, poultry, or seafood in damaged or leaking packaging

**DO**



Place meat, poultry, seafood, and eggs in plastic bags at checkout

**DON'T**

Buy eggs with cracked shells or damaged cartons

**DO**



Keep produce and other ready-to-eat foods in a separate area of the refrigerator from meat, poultry, seafood, and eggs

**DON'T**

Remove eggs from carton or keep them in the refrigerator door

**DO**

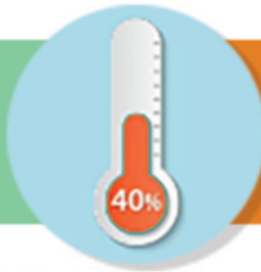


Refrigerate food within 2 hours of grocery shopping, or 1 hour if kept in air temperatures above 90 °F

**DON'T**

Place raw meat, poultry, or seafood on upper shelves of the refrigerator where they can drip onto other foods

**DO**



Set refrigerator temperature to 40 °F or below and freezer at 0 °F or below (as indicated by an appliance thermometer)

**DON'T**

Overfill the refrigerator or freezer

**DO**



Defrost food in the refrigerator, in cold water, or in the microwave – and cook immediately

**DON'T**

Thaw meat, poultry, or seafood on the counter