

# Food Safety for Families

## Safe Grocery Shopping

Carol Schwarz, Extension Educator and Julie A. Albrecht, Extension Food Specialist

Dear Parents,

Safe food for our family is important. We think about food safety when cooking food, but it is also important when buying food.



## Use These Tips When Buying Groceries

- ◆ Look for “sell-by” date on perishable items. If the “sell-by” date has expired, do not buy the product.
- ◆ Buy fresh deli meats in quantities that can be used in 3 to 5 days.
- ◆ Check food packages for holes or tears. Refrigerated foods should be cold. Frozen foods need to be frozen solid.
- ◆ Make sure fresh produce is not bruised or damaged before buying.
- ◆ Wrap raw meats, poultry, and fish products in plastic bags before putting them in your cart. This helps prevent cross-contamination.
- ◆ Keep fresh produce away from raw meats and poultry in your grocery cart, during check out and in grocery bags.
- ◆ Choose refrigerated and frozen foods last.
- ◆ Place perishable foods in the coldest part of your car (not in the trunk) or in a cooler if it will take more than thirty minutes to get home. Go straight home from the grocery store and **NEVER** leave food in a hot car.

- ◆ When buying fresh-cut produce, such as bagged lettuce or cut pineapple, choose only items that are refrigerated or completely surrounded by ice.
- ◆ Unload groceries as soon as you get home. Store perishable foods in the refrigerator or freezer, and canned goods in a cool, dry place.
- ◆ Buy products labeled “keep refrigerated” only if they are stored in the refrigerator case and feel cold to the touch.

## Dates to Remember

**Sell-by Date:** Do **NOT** buy the food after this date.



**Best-by or Use-by Date:** For best quality, use the food by this date.

BEST IF USED BY

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Bacteria (germs), viruses and parasites are everywhere in the environment! They are organisms that you cannot see, smell, or taste. In fact, they can contaminate food and cause life-threatening illness. Foodborne illness (food poisoning) can strike anyone, especially young children, pregnant women (it endangers their unborn babies too), older adults, and persons with weakened immune systems.

**Storing Fresh Fruits and Vegetables for Better Taste**

Storage Location	Fruits and Melons	Vegetables	
<b>Store in refrigerator</b>	Apples (more than 7 days)	Artichokes	Green Onions
	Apricots	Asparagus	Herbs (not Basil)
	Asian Pears (Nashi)	Green Beans	Leafy Vegetables
	Blackberries	Lima Beans	Leeks
	Blueberries	Beets	Lettuce
	Cherries	Belgian Endive	Mushrooms
	Cut Fruit	Broccoli	Peas
	Figs	Brussels Sprouts	Radishes
	Grapes	Cabbage	Spinach
	Raspberries	Carrots	Sprouts
	Strawberries	Cauliflower	Summer Squashes
		Celery	Sweet Corn
		Cut Vegetables	
<b>Ripen on the counter first, then store in the refrigerator</b>	Avocados		
	Kiwifruit		
	Nectarines		
	Peaches		
	Pears		
	Plums		
	Plumcots		
<b>Store only at room temperature</b>	Apples (fewer than 7 days)	Basil (in water)	<b>Legend:</b> <sup>1</sup> Store garlic, onions, potatoes, and sweet potatoes in a well ventilated area in the pantry. Protect potatoes from light to avoid greening. <sup>2</sup> Cucumbers, eggplant, and peppers can be kept in the refrigerator for 1 to 3 days if they are used soon after removal from the refrigerator.  Source: Postharvest Technology Research and Information Center, Dept. of Pomology, University of California, Davis. <a href="http://postharvest.ucdavis.edu/">http://postharvest.ucdavis.edu/</a>
	Bananas	Cucumbers <sup>1</sup>	
	Grapefruit	Dry Onions <sup>2</sup>	
	Lemons	Eggplant <sup>1</sup>	
	Mandarins	Garlic <sup>2</sup>	
	Mangoes	Ginger	
	Muskmelons	Jicama	
	Oranges	Peppers <sup>1</sup>	
	Papayas	Potatoes <sup>2</sup>	
	Persimmons	Pumpkins	
	Pineapple	Winter Squashes	
	Plantain	Sweet Potatoes <sup>2</sup>	
	Pomegranates	Tomatoes	
	Watermelons		