



# Fact Sheet

## Shopping Tips to Keep Food Safe

- Make the grocery store the last stop.
- Select cold and frozen foods last.
- Don't buy foods past the sell-by or expiration dates, and don't buy foods you won't use before the use-by date.
- Buy only pasteurized milk, cheese, juices, and dairy products.
- Buy refrigerated shell eggs or pasteurized, refrigerated liquid eggs.
- Make sure refrigerated food is cold to the touch.
- Be sure frozen food is solid to the touch and free of ice crystals, which is a sign the food was thawed and refrozen.
- Do not buy canned foods that have dents, cracks, or bulging lids.
- Do not buy canned foods without labels.



- Don't buy packages which are leaking or torn.
- Separate meat from other items.
- Separate cleaning supplies from food.
- Put raw meat, seafood, and poultry in plastic bags so raw foods or cooked foods are not cross-contaminated by meat juices.
- Use a cooler and ice pack to keep cold foods cold, especially if you must drive more than 30 minutes.
- When loading groceries, put perishable items inside the air-conditioned car instead of in the trunk.



## References

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