

Keeping Food Safe

Food may be contaminated and still look and taste good. When in doubt, throw it out!

When food goes bad, it can make you sick. This is called food poisoning. To prevent food poisoning, be careful when you buy, prepare, and store your food.

When Buying Food:

When shopping, buy groceries last. Buy hot and cold foods such as milk, cheese and meats last. Get them home fast!

At home put food in the refrigerator or freezer right away. Check cans and jars to make sure they are not dented, leaking or bulging.

Storing Food at Home: Keep it safe, refrigerate

- ◆ Buy only eggs that are kept in a refrigerator case and are not cracked.
- ◆ Never leave groceries in the car or shopping cart for a long time! If perishable food is left out for 2 or more hours, bacteria can grow to dangerous levels. In hot weather, it may take only 1 hour for food to spoil.
- ◆ Refrigerate food that must be kept cold: milk, cheese, meats, and eggs.
- ◆ Freeze fish, meat and poultry that you don't plan to use in the next 2-3 days.
- ◆ Put all meats in plastic bags. Their juices may contaminate other foods.
- ◆ Keep dry food, such as pasta, flour, rice and sugar, in airtight containers.
- ◆ If you are not sure how long you have kept food, throw it out. Do not taste it!

