



Food Safety Starts at the Store

It's up to you to carefully select foods at the store and keep them safe until they're eaten!

Check the package to make sure it doesn't have tears, holes or open corners.

Frozen foods should be solid and should not feel as if it has begun to thaw. Refrigerated foods should feel cold.

If a jar has a vacuum seal, check to make sure the button is still pushed down.

Don't buy cans that are bulging, damaged, rusty or dented. These are warning signs that the food may be unsafe to eat.

Look at "sell by" and "use by" dates on perishable foods, such as yogurt and milk. If the "sell by" date has passed, don't buy the item! The "use by" date is for use at home.

Put raw poultry, meat and fish in a separate plastic bag before placing in the cart. This will keep juices from leaking onto other foods! Shop for these foods and other cold foods



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last before checkout. Paper bags keep food colder than plastic bags, so be sure to pack cold foods together in the paper bag. If the weather is hot, bring along a cooler to keep the food cold for the trip home.

Put cold groceries away as soon as you get home to keep your food safe!

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For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

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