

food safety tips: grocery store and home

Cancer

Food safety is important both inside the home and at the grocery store. Some cancer medications may lower your body's ability to fight infections. It's important to take special care when purchasing food and when handling food in your home. Below are easy ways to help keep you or a loved one free from foodborne illness and food-related infections.

Safety Tip	Details
<p>Grocery Store Food Safety</p>	<ul style="list-style-type: none"> • Do not purchase food from bulk-food containers. • Do not purchase cans with cracks, dents, or bulges. • Do not buy fruits or vegetables that are bruised or damaged. • Avoid raw sprouts, such as alfalfa or bean sprouts, as these have a higher risk of being contaminated with harmful bacteria. • Avoid unpasteurized juices and milk products. • For a full list of safe foods to purchase, check out the <i>Eat This, Not That</i> handout. • When buying pre-cut or packaged fresh produce, look for an expiration date. Do not purchase if produce has expired. • Pick-up foods that spoil easily at the end of the shopping trip and store in a cooler on the way home. • Double-bag raw meats or fish before placing in the grocery cart to prevent any meat juices from dripping. Store on the bottom rack of the cart or away from fresh produce.
<p>Kitchen Food Safety</p>	<ul style="list-style-type: none"> • After grocery shopping, immediately store cold or frozen food items in the freezer and refrigerator. • Scrub all raw fruits and vegetables with a brush and water before eating. • Soak berries and other foods that are not easily scrubbed in water, then rinse. • Fruits and vegetables that require peeling should be washed and scrubbed with a brush after peeling. • If using frozen fruit or vegetables in an uncooked dish, such as a smoothie, soak in water and rinse before preparing. If cooking, there is no need to wash frozen fruits or vegetables. • Wash hands and countertops with warm water and soap before and after preparing food. • Wash your hands with warm water and soap every time you touch raw meat, chicken, turkey, eggs, or fish. • Use separate cutting boards for fruits or vegetables and raw meat items. • Thaw raw meats and fish in the refrigerator or defrost in the microwave. Never allow it to thaw on the counter, as this can increase the risk for foodborne illness. • Use the <i>Safe Cooking Temperatures</i> handout for proper cooking temperatures of meats and fish.

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Tips for a Clean and Safe Fridge	<ul style="list-style-type: none">• Keep the refrigerator temperature set at 40 °F or below.• Keep the freezer temperature set at 0 °F or below.• Use an appliance thermometer to measure the internal temperature.• Store raw meats and fish in a sealed container or securely wrapped on a plate to prevent juices from dripping.• Store raw meats and fish on the bottom shelf.• If possible, keep fruits and vegetables in the crisper drawer.• Keep perishable food items out of the door. The temperature of the door changes every time you open it. Juices, water, and condiments are the best items to keep in the door space.• Eggs and dairy should be kept on the shelves.• Frozen foods don't last forever. Toss items that have been in the freezer for more than 3 months.• Wipe up spills immediately.• Try to wipe out the fridge shelves and doors weekly before loading that week's groceries. Wipe down with hot, soapy water and dry with a clean towel.• Store an opened box of baking soda in the back to help eliminate odors and keep your fridge smelling fresh.