



Supermarket Safe

Consumer Food Safety Tips at the Grocery Store

Brought to you by:



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**Before you start,
wipe your cart.**



A University of Arizona study showed out of 85 shopping cart handles, 50% had ecoli. 72% had markers for fecal bacteria.

Protect your fruits & vegetables by using produce bags.



Without protection, bacteria in your grocery cart could be transferred to your fresh fruits and vegetables.

Check “sell by” and “use by” dates on products



Especially on perishable items in produce, meat, seafood, and dairy departments.

Choose refrigerated and frozen foods last.



It helps keep your items cold longer and less chance of entering danger zones temperatures (above 40 degrees).



Glove it, Then Bag it when choosing meat from the case

Use the complimentary clear plastic bags as a glove to sort through meat choices and protect your hands from juices and bacteria. Once your choice is made, use the same bag to wrap it up.



Put your foods into categories at the checkout lane



Don't just dump your items on the belt, place them with care into groups. For example, breads, produce, frozen foods, refrigerated items, canned goods, boxed goods, household goods, and meats. This makes it easier to bag and less chance your meat and produce end up together.

Don't be afraid to speak up and let your cashier or bagger know how you want your groceries sorted and bagged.

Use insulated bags for transporting hot/cold items home



Why?

**It help keeps the cold and hot items
out of the danger zones
(40 degrees – 140 degrees).**

Wash your recycled bags

Recycled bags are great for the environment, but can be breeding grounds for bacteria if not washed frequently.



Get groceries home and put them away quickly

