



Grocery Store Tour Project Food Safety Introduction

It is important to keep foods safe to eat. Food should be nourishing for our bodies and not make us sick. It is important for food to be handled carefully from the time food is bought and prepared till it is eaten and stored.

The “Be Safe” handout offers tips on how to practice safe food handling techniques.

The following are key tips from “Be Safe”:

- 1) Buy cold food last, get it home fast
- 2) Keep food safe – refrigerate
- 3) Keep everything clean
- 4) Thaw frozen foods in the refrigerator
- 5) Cook foods thoroughly
- 6) Keep hot foods hot, cold foods cold
- 7) Don't wait – refrigerate leftovers quickly

“The Food Keeper” handout offers guidance on food quality and safe handling of food items. The following are key tips from “The Food Keeper”:

- 1) When in doubt, throw it out!
- 2) When shopping for food items, choose shelf-stable items such as canned and dry goods first
- 3) Check the “sell-by” and “use-by” dates on packages
- 4) Store meat, poultry, and seafood products in the coldest part of the refrigerator
- 5) Defrost frozen meats or marinate meats in the refrigerator
- 6) Store shelf-stable goods unopened and at room temperature

It is also important to wash hands before handling food. This includes preparing, cooking, eating, and storing food. Hands should be washed for at least 20 seconds with warm soapy water (sing the ABC song once or Happy Birthday song twice). Be sure to wash thoroughly – between fingers, underneath finger nails, etc.

Proper safe food handling methods may prevent food related illnesses. Please refer to the “Be Safe” and “The Food Keeper” handouts for more tips on food safety.