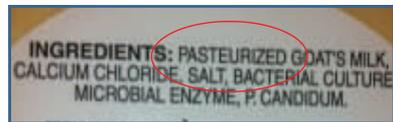




Food Safety Practices For Your Local Farmers Market

Local farmers markets are growing in popularity and are a great place to buy locally-grown fresh produce as well as other fresh food items. Listed below you will find some guidelines to follow to help ensure the foods are safe.

- Wash all fresh fruits and vegetables, including organic and locally grown, before consuming. Follow the washing instructions found on the salads divider in your *Tasty And Safe Cookbook*.
- Do not buy any juices or dairy products (raw milk or cheeses) that have not been pasteurized. Always read the label or ask the merchant to determine if the product has been pasteurized.



- Make sure all eggs are properly refrigerated at the market. The FDA requires that all untreated shelled eggs must be stored and displayed at or below 40°F.
- Before buying eggs, open the carton to make sure all the eggs are clean and the shells are not cracked.



When you get home, store the eggs in their original carton on the shelf of your refrigerator, not on the door.





- When purchasing raw meat, poultry, or seafood at the market, make sure it is properly stored in an enclosed refrigerated case or closed coolers.



- Keep your raw meat, poultry, and seafood separate from other purchases, so their juices do not come into contact with your other items.



Grocery Tote Bag Safety



Grocery tote bags are a convenient and environmentally friendly way to transport farmers market purchases home, but if not taken care of correctly they can cause a foodborne illness. Listed below you will find some tips for keeping reusable tote bags safe from germs and bacteria.

- Wash the tote bag frequently in a washing machine or by hand in hot soapy water.
- Place raw meats, poultry, and seafood into separate plastic bags before placing into your tote bag. This will prevent their juices from leaking onto the tote bag.
- Have at least two separate tote bags, one for raw meat, poultry, and seafood, and one for other food purchases.
- Store tote bags in a clean dry location. Avoid leaving tote bags in the trunk of your car.

