



Food Safety Tips for Healthy Consumers

Food safety is a shared responsibility. While farmers, producers and vendors do their part to ensure they have a wholesome food product, free from bacteria and other contamination, it is everyone's responsibility to follow safe food practices. Here are a few suggestions to be sure you are handling foods in a safe manner once you've purchased your foods at the farmers market.

While Shopping at the Market:

1. Use clean bags, whether cloth, plastic or paper. Clean bags will prevent contamination from prior shopping trips.
2. Separate meat, poultry and seafood from other fresh, raw foods to prevent contamination.
3. Bring coolers or other means to maintain cold foods while shopping and during the transportation home.
4. While shopping at the farmers market, wash your hands any time they become dirty; for example, after you have used the restroom, after you have touched any animal, after you have coughed or sneezed in your hands, or any other time they become soiled. Clean hands minimize the risk of spreading germs and bacteria.

When putting your food purchases away:

1. Separate meat, poultry and seafood from other foods in the refrigerator.
2. Raw meat, poultry, seafood, eggs and dairy foods should be refrigerated and should not be left at room temperature longer than 2 hours. If you cannot put them in your home refrigerator within that time, you should have means to keep them cold until you can refrigerate them.
3. Store foods at their proper temperature: cold foods at 40° or below, eggs at 45° or below and frozen foods at 0°.

Food Preparation:

1. Begin with clean hands. Wash your hands for 20 seconds under warm water and soap before you begin and anytime you change food products, use the restroom or your hands become soiled.
2. Thoroughly rinse all produce before it is consumed, even if you plan to peel it afterward.
3. Wash your cutting board with hot soapy water before you begin and before going on to the next food. HOWEVER, use a separate cutting board for meat, poultry and seafood to avoid potential cross-contamination.
4. Do not re-use dishes that held raw meat, poultry or seafood for foods that are ready to be eaten.
5. Defrost properly and safely. Either defrost in the refrigerator, in a cold water bath or in the microwave.
6. Marinate foods in the refrigerator.
7. Surfaces that come in contact with food can be sanitized with a solution of 1/3 tablespoons of household bleach per gallon of water.





Cooking:

1. Cook foods to proper temperature. Use a meat thermometer to ensure accuracy.
Recommended minimum temperatures:
 - a. Poultry: 165°
 - b. Beef, veal and lamb: 145° - 170°
 - c. Pork: 160° - 170°
 - d. Ham: Fresh to 160°; pre-cooked to 140°
 - e. Ground beef, including meatloaf: 160°
 - f. Sauces, marinades, soups and gravy: to a rolling boil; leftovers should cook to 165°
 - g. Eggs should be cooked until the yolk and white are firm
2. Toss any foods that have come in contact with raw meat, poultry or seafood, including their juices.

Storing and Using Leftover foods:

1. Refrigerate all prepared foods within 2 hours. Any longer than 2 hours and the foods should be thrown away.
2. Reheat leftovers to 165° and bring leftover sauces, soups and gravies to a full boil.
3. When reheating in a microwave, cover the food and stir frequently. Be sure the food has reached 165° throughout the dish. Microwaves can leave cold spots that harbor bacteria.

For more information visit Food Safety Education – www.fightbac.org

Clean

Separate

Cook

Chill

From the Partnership for Food Safety Education

