# TIPS FOR GROCERY SHOPPING AND STORAGE

Everyone has a role to play in ensuring food safety. You can help prevent foodborne illness in your home by following these tips when you go grocery shopping.

1. PRACTICE SAFE BUYING

- Make sure the "sell by" date hasn't passed on anything you buy.
- Use plastic bags to separate raw meat, poultry, and seafood from other groceries in your cart.
- Only buy pasteurized dairy products and juice.

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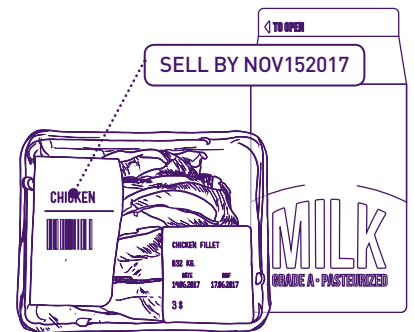
2. STORE SAFELY

- Refrigerate or freeze meat, poultry, eggs, seafood, and other perishables—like strawberries, lettuce, herbs, and mushrooms—within 2 hours of purchasing (1hour, if the outside temperature is 90^{0}F or above).

- Shelf-stable foods like canned goods and other non-perishable products can stay in the home a long time. Periodically, check the recalls pages at the U.S. Food and Drug Administration (FDA) (most shelf-stable foods) and the U.S. Department of Agriculture (meat, poultry and certain egg products) to be sure you have no recalled products in your pantry or refrigerator.

TAKE ACTION

Keeping the family safe is a priority in any household. Get into the habit of buying and storing food safely. For information on safe storage of almost every type of food product see the FoodKeeper App.

If you or a family member has any of these foodborne illness symptoms, contact your **healthcare provider immediately**:

- High fever (temperature over 101.5^{0}F, measured orally).
- Blood in the stools.
- Prolonged vomiting that prevents keeping liquids down (which can lead to dehydration).
- Signs of dehydration, including a decrease in urination, a dry mouth and throat, and feeling dizzy when standing up.
- Diarrheal illness that lasts more than 3 days.

LEARN MORE

For more grocery shopping tips, review the FDA fact sheets on:
- **raw produce**
- **eggs**
- **fish and seafood**
- **milk and dairy products**