Getting Your Food Home Safely

Preparing food safely only works if you have safe food to begin with-
Make sure you are keeping your food safe from shop to shelf!

The temperature of refrigerated food can go up 8° - 10° F on a trip home.
To prevent against foodborne illnesses: separate, chill, and clean.

2 HOUR RULE:
Refrigerate perishable foods within 2 hours, and only 1 hour if the outside temperature is higher than 90° F

AT THE STORE
- Buy frozen foods, meat, poultry, and seafood last
- Put raw meat, poultry, and seafood in plastic bags to prevent dripping juices
- Group the frozen foods, meat, poultry, and seafood together in the cart to keep them cold
- At checkout, make sure to not mix raw meat with ready-to-eat foods in your grocery bags

ON THE WAY
- Keep perishable foods in the air-conditioned car instead of the hot trunk
- Don’t do other errands on the way home from the grocery store
- Prevent the possibility of cross-contamination when taking food home

WHEN YOU ARRIVE
- If you use grocery totes, wash them often
- Store foods right away

Buy cold food last, get it home fast

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