

# 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
-  If the trip from the grocery store is long, you need to make a stop, or you shop at multiple grocery stores: Bring a cooler with ice or gel packs to keep cold food cold



### WHEN YOU ARRIVE

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



**Buy cold food last,  
get it home fast**

