



What to look for

Surrounded by ice

MO regulation)

and handled

Looks fresh and cold

or nicks

Clean, looks fresh, no cuts

Product is in cooler or on

Must be pasteurized (KS/

Ask how it was prepared

Vendors have clean clothes,

hands, no wiping nose, etc.

Ask vendors about their

food safety practices

Tips to Shop Safely at Farmers Markets

Extension Consumer Food Safety Fact Sheet

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Safety tips on the way home

- Keep raw meat separate from other foods.
- Make the market your last stop.
- Use cooler/insulated bags, especially if it takes more than 1 hour to get home.

Safety tips at home

- Wash produce under running water even if you are not eating the peel as dirt can transfer outside to inside.
- Keep raw meat, poultry, seafood, and eggs below and separate from all other foods in the refrigerator.
- Refrigerate or freeze perishables within 2 hours to prevent microbial growth.

All foods should be cooked thoroughly to kill microorganisms

Milk

• Beef, pork, lamb, and veal steaks, chops, and roasts, seafood: 145°F with a 3-minute rest time after cooking

Food type/category

Cut or peeled produce

Meats, eggs, cheeses

Home-canned foods

Booth, personal

cleanliness

All products

Fresh produce

- Ground beef, pork, lamb, and veal; egg dishes: 160°F
- All poultry products, all reheated foods: 165°F

Sources:

- "Food Safety on the Move." The Partnership for Food Safety Education 2013. Available from: www.fightbac.org
- "Check your steps." FoodSafety.gov 2013.
 Available from www.foodsafety.gov/keep/basics

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