GROCERY STORE: SHOP SAFELY
Funding

College of Human Sciences Heddleson Grant at Iowa State University

“Equipping Iowa State University Families Extension specialist with food safety knowledge to impact Iowans lives”
School Opportunity

- Make this a shopping trip
  - Show them the order of the store
  - Have them label read an assortment of items
  - Talk with Store Manager about Food Safety or the employees
  - Talk about opportunities for employment or careers
Reminders

• Sanitizer the carts
  – Most stores provide sanitizer wipes
  – Carts are NEVER CLEANED
• Wash your hands prior to shopping
  – If you want to eat some of the samples
• Grocery shopping should be last stop
  – Keep cold foods cold
  – Multiple stops home if multiple stores
Can Goods Safety

• NEVER BUY DENTED CANS
  – *Clostridium botulinum* can be inside the cans
• Pay attention to expiration dates
• Cans at the back of shelf are the newest cans to arrive
• Dust is an indicator that cans are old
Re-useable Bags

- **Wash** them after use
- Separate raw foods from cooked foods
- Bring more than enough bags so you do not have combine food types
- Bring some plastic bags for raw meat or use bags in store
- Watch for leaking food
Order of Shopping

• Non-perishable foods (anything not requiring refrigeration)
• Produce
  – Most do not require refrigerator temperature
• Dairy/Eggs
• Meats
• Frozen Foods (last items)
Items to consider when Shopping

• Check packages
  – intact packaging, prior wetness, pest infestation

• Fast freezing = small ice crystals
  – Large crystals means that was thawed and refrozen and you have thaw loss
Considerations when Shopping

• Beef
  – Vacuum packaged beef (should be purple in color)

• Poultry
  – Red is bruising
  – Greening is a sign of spoilage
  – Xanthrophyll=gives the yellow pigment through feed
Criteria for Meat

- Temperature: 41°F (5°C) or lower
- Color:
  - Beef: bright cherry red
  - Lamb: light red
  - Pork: light pink meat, firm white fat
  - Vacuum: Purple in Color
- Texture: firm and springs back when touched
- Odor: no odor
- Packaging: intact and clean
Criteria for Poultry

- Temperature: 41°F (5°C) or lower
- Color: no discoloration
- Texture: firm and springs back when touched
- Odor: no odor
- Packaging: product should be surrounded by crushed, self-draining ice
Criteria for Fish

- Temperature: 41°F (5°C) or lower
- Color: bright red gills; bright shiny skin
- Texture: firm flesh that springs back when touched

Odor: mild ocean or seaweed smell

Eyes: bright, clear, and full

Packaging: product should be surrounded by crushed, self-draining ice
Considerations

- Fish
  - Colder is better
  - Scales should be firmly attached

- Shell Fish
  - Live=packed in ice
  - Oysters 45F and Shucked 41F
  - If open then tap on it and should close (shows it is still alive)
Criteria for Shellfish

• Temperature:
  – Live: receive on ice or at an air temperature of 45° F (7°C) or lower
  – Shucked: receive at an internal temperature of 41° F (7°C) or lower

• Odor: mild ocean or seaweed smell

• Shells: closed and unbroken (shellfish are alive)

• Condition: if fresh, they are received alive
Considerations

• Shelled Eggs
  – Store at 45F or less
  – Egg products-liquid → refrigerated 41F or frozen

• Dairy
  – Store at 41F or less
  – Butter picks up odor from other products
Criteria for Shell Eggs

• Temperature: receive at an air temperature of 45°F (7°C) or lower

• Odor: no odor

• Shells: clean and unbroken

• Egg Products-Liquid → Refrigerated 41°F or Frozen 0°F
Criteria for Dairy Products

• Temperature: 41°F (5°C) or lower unless otherwise specified by law
• Milk: sweetish flavor
• Butter: sweet flavor, uniform color, firm texture
• Cheese: typical flavor, texture, and uniform color
Considerations

• Produce
  – No insects or excessive mold
  – Fresh cut and bagged produce by sell by date and refrigerated at below 41F

• Ready To Eat foods → 41F

• Frozen → 0F

• Ice cream → 6-10F

• Canned → swollen, dented, leak, no label, etc.
Criteria for other Products

- RTE foods → 41F
- Frozen → 0F and Frozen Solid
- Ice cream → 6-10F
- Canned → swollen, dented, leak, no label, etc.
Criteria for other products

- Dry Foods → intact packages
- Bakery → by sell by date
- Hot TCS Foods → 135F or higher, maintain temperature
Other Reminders

• Utilize the staff in the grocery store if you have questions
• Reduced/marked down prices is an indicator that the product is close to the expiration date
• Ask about when the store receives shipments
  – Fresher the product the longer the shelf life
• Odor tells a lot of the products shelf life
  – Spoilage is a sign of older products
Expiration Date

• Look at the expiration date to ensure that the product has some shelf life
• Inquire from store personnel if you do not find an expiration date on the product
Bagging Groceries

• Place meat and other items that may leak into plastic bags
• Please your items on the belt like you want them bagged
• Start with the heaviest items and then place the delicate items last on belt