

# Shopping for Food



- Do not buy food when its package has been opened or damaged.
- Do not buy cans that have dents, cracks, rust or bulging lids.
- Open egg cartons to make sure no eggs are cracked before buying.
- Meat packaging should be tightly wrapped. Purchase the product before “sell-by” or expiration date.
- Frozen vegetables should be firmly frozen but loose, not a solid block.
- Put raw meats, poultry and seafood in plastic bags before they go into your grocery cart.
- Check dates on foods, so you know when your foods can safely be used.
- When shopping, place meats and frozen foods in your cart last so they stay cold.
- It is best to store perishable foods within one hour of shopping.
- On hot days, you may want to put your meats and frozen foods into a cooler, if you have a long ride home.



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**EXTENSION**  
FAMILY NUTRITION PROGRAM  
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