Tips to Shop Safely at Farmers Markets

Extension Consumer Food Safety Fact Sheet

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

- Beef, pork, lamb, and veal steaks, chops, and roasts, seafood: 145°F with a 3-minute rest time after cooking
- Ground beef, pork, lamb, and veal; egg dishes: 160°F
- All poultry products, all reheated foods: 165°F

Sources:


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