

# GROCERY SHOPPING and FOOD SAFETY

## TIPS

- Examine fruit and vegetables carefully and avoid choosing the bruised or damaged ones.
- Keep your raw meat, poultry, fish and seafood away from other food in your grocery cart.
- Buy cold or frozen food at the end of your shopping trip.
- Always check the "best before" date.
- Label a reusable grocery bag or bin for meat, poultry and seafood.
- Refrigerate or freeze perishable foods within 2 hours (one hour on hot summer days).



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