Following these tips when buying and storing food can help prevent foodborne illness

**DO**

Keep produce separate from meat, poultry, seafood, and eggs in shopping carts and bags.

Place meat, poultry, seafood, and eggs in plastic bags at checkout.

Keep produce and other ready-to-eat foods in a separate area of the refrigerator from meat, poultry, seafood, and eggs.

Refrigerate food within 2 hours of grocery shopping, or 1 hour if kept in air temperatures above 90 °F.

Set refrigerator temperature to 40 °F or below and freezer at 0 °F or below (as indicated by an appliance thermometer).

Defrost food in the refrigerator, in cold water, or in the microwave – and cook immediately.

**DON’T**

Choose meat, poultry, or seafood in damaged or leaking packaging.

Buy eggs with cracked shells or damaged cartons.

Remove eggs from carton or keep them in the refrigerator door.

Place raw meat, poultry, or seafood on upper shelves of the refrigerator where they can drip onto other foods.

Overfill the refrigerator or freezer.

Thaw meat, poultry, or seafood on the counter.