



Food Safety Begins at the Grocery Store

Shop Carefully:

- Don't buy dented or bulging canned food.
- Shop for meat, poultry, fish and refrigerated and frozen foods last. In hot weather, take along a cooler for cold foods if it will be more than an hour before you get home.
- Use plastic bags to keep raw meat or poultry from dripping on other foods.
- Buy products marked "Keep Refrigerated" only if they are in a refrigerated case.
- Check the date on dairy foods. Use within 2 to 3 days after the date.
- Packaged meats should be used no later than 1 week after the "Sell By" date.
- If you buy hot foods from a deli, eat it right away or keep it no longer than 2 hours.
- Buy frozen foods that are solidly frozen.



Shop Carefully:

- Fruits and vegetables should be freshly picked.
- Eggs should be cold.
- It is not a good idea to buy meat, poultry or fish from roadside stands or trucks.

Human Resources Center
425 Pennsylvania Ave.
Elmira, N.Y. 14904
607-734-4453; Fax: 607-734-7740
www.cce.cornell.edu/chemung

THAWING FOOD SAFELY

Meat, poultry, fish, milk and eggs are called "perishable" foods. Food-poisoning germs can grow in perishable foods if you thaw them on the kitchen counter. Use these tips to keep food safe:

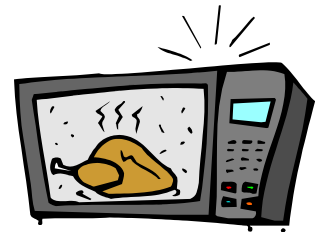
Thaw perishable foods in the refrigerator. Move food from your freezer to your refrigerator the day before you cook it. Large pieces of meat will take longer than one day.

Put food on a plate or tray to keep blood from dripping on other foods.



Another safe way to thaw perishable food is to put it in a plastic bag. Make sure water can't get in the bag. Put the bag in a clean kitchen sink and fill the sink with cold water. Change the water often to make sure it stays very cold. Keep changing water until the food thaws.

If you have a microwave, you can safely thaw perishable foods in it. Follow the directions in your instruction booklet.



Thawing Meat and Poultry in the Refrigerator		
Meat	Weight	Time Needed for Thawing
Chickens	4 pounds or less	12 to 16 hours
	4 pounds or more	1 to 1½ days
Ducks	3 to 7 pounds	1 to 1½ days
Geese	6 to 12 pounds	1 to 2 days
Turkeys	4 to 12 pounds	1 to 2 days
	12 to 20 pounds	2 to 3 days
	20-24 pounds	3 to 4 days
Small Roasts	---	3 hours for each pounds
Large Roasts	---	4 to 7 hours for each pound