

FARMERS MARKET

★ Tips ★

**SAFE CHOICES.
HEALTHY EATING!**



Franklin County
Public Health



www.myfcph.org



Franklin County Public Health has food safety inspectors who are at every farmers market checking to be sure the vendors are properly storing and handling their products.

Here are some tips for you:



Grocery Totes

- Use separate totes for raw meat and poultry and ready-to-eat foods such as fresh produce and breads to prevent cross contamination.
- Frequently wash your grocery tote.



Meat

- Perishables must be refrigerated within two hours (one hour if the air temperature is above 90°F), so bring an insulated bag or cooler to keep meat cool on the way home.



Fruits and Vegetables

- Wash fruits and vegetables thoroughly under running water before eating, cutting or cooking. Dry with a clean cloth or paper towel to eliminate bacteria.
- Wash produce even if you plan to peel it before eating. Bacteria present on the outside of foods such as melons and bananas can be transferred to the inside when you cut or peel them.



Milk, Cheeses, Juice and Cider

- Buy only pasteurized milk products. Pregnant women, older adults, young children and people with weakened immune systems are at higher risk for illness caused by Listeria and should be especially careful.



Eggs

- Eggs should be properly chilled at 45°F.
- Make sure eggs are clean and the shells are not cracked.



Other Goods

- Many farmers markets sell prepared foods. Remember, foods that should be served hot should be kept hot, and cold foods should be kept cold (under 40°F).

Visit www.myfcph.org/nutrition to find even more tips and farmers markets near you.