

BE SMART WITH YOUR SHOPPING CART

Consider these tips when traveling to and from the supermarket to help create a healthier, safer food shopping experience.

FOOD SHOPPING SAFETY CONSIDERATIONS

- **Wear** a mask to shop
- **Make** sure the “sell by” date has not passed
- **Opt for** bottled or canned beverages whenever possible
- **Avoid** self-dispensers
- **Choose** prepackaged foods when possible
- **Avoid** made-to-order items if employee preparing them is not wearing a mask
- **Choose** pasteurized juice and milk when possible
- **Use** plastic bags to separate raw meat, poultry and seafood from other groceries
- **Use** a disinfectant wipe or hand sanitizer after leaving the store

SAFE STORING TIP

- To help ensure you're storing your foods safely, consider using the FoodKeeper App:

<https://www.foodsafety.gov/keep-food-safe/foodkeeper-app>

AT-HOME CONSIDERATIONS

- **Wash** your hands before and after putting food away
- **Refrigerate or freeze** meat, poultry, eggs, seafood and perishable produce such as berries, greens and mushrooms within 2 hours of purchasing or within 1 hour if the outside temperature is $\geq 90^{\circ}$ F

NOTE: Canned and boxed foods such as tuna, peanut butter, beans, tomatoes, applesauce, cereals, pasta and rice can last for a more extended period of time

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HEALTHY SHOPPING OPTIONS

Plan ahead for your shopping trip by knowing what to look for in-store.

	PROTEIN	CARBOHYDRATE	PRODUCE
ON THE SHELVES	<ul style="list-style-type: none"> • Jerky • Canned meat, including tuna, chicken, salmon • Peanut butter • Beans, including garbanzo, black beans, lentils • Protein bars, including Gatorade™ and Muscle Milk™ Protein Bars • Packages of peanuts and other nuts and seeds • Packages of dried beans, including garbanzo, soybeans, broad beans • Protein shakes, including Gatorade™ and Muscle Milk™ Protein Shakes • Canned chili • Canned beef stew 	<ul style="list-style-type: none"> • Bread/bagels • Cereal • Rice • Pasta/macaroni • Oats • Quinoa • Granola bars and energy bars • Sports drinks, including Gatorade Thirst Quencher™ (to bring to practice) 	<ul style="list-style-type: none"> • Fresh fruits/vegetables • Fruit cups • Applesauce • Dried fruits, including raisins • Fruit juice • Pasta sauce • Salsa • Canned vegetables
IN REFRIGERATED/FROZEN SECTIONS	<ul style="list-style-type: none"> • Eggs • Cheese • Milk • Yogurt • Cottage cheese • Frozen burgers: beef, turkey, chicken or vegetable burgers 		<ul style="list-style-type: none"> • 100% juice • Frozen fruits and vegetables • Frozen fruit bars