

Dear Parents,

We enjoyed hosting your child today at our store! We've teamed with the health education non-profit Partnership for Food Safety Education (PFSE) to bring you this **Fight BAC! Snacker** newsletter.

We hope you find the articles and tips helpful in making the most of your purchases at our store by keeping food safety top-of-mind in your shopping and meal preparation experience — just as we do!



Fight BAC!® Snacker

Fight BAC!® at Home!

We work hard to bring you the best selection of wholesome foods for your family. Keep the food you buy fresh, tasty, and free from harmful bacteria by following these food storage tips.

Chilling foods slows the growth of bacteria but does not kill it. Toss or freeze any uneaten leftovers in your refrigerator within 3-4 days.

Use or freeze ground beef and fresh poultry within 1-2 days of purchase. Whole meats like steaks and pork chops can be safely stored in the refrigerator for up to 3 days. After that, they should be cooked or stored in the freezer.

Frozen meats will be safe indefinitely in the freezer, however, for quality, it is best if they are eaten within 12 months of purchase.

Cut fruits and vegetables should always be stored in the refrigerator, whether you cut them at home or purchase them pre-cut from the store.

Divide leftovers into smaller portions and store in shallow containers in the refrigerator. Leftovers should be consumed within 3-4 days and reheated to an internal temperature of 165 °F. Food stored longer may become unsafe to eat.

Remember:
You cannot see, smell, or taste the bacteria that can cause food poisoning!!

What is Fight BAC!®?

Fight BAC! is a program designed to educate families about food safety and the dangers of foodborne illnesses. Use these four food safety rules to Fight BAC!® in your home.



Clean

Wash hands and surfaces often.

Separate
Don't cross-contaminate.



Cook

Cook to proper temperatures.

Chill
Refrigerate promptly.



Fight BAC!® While You Shop!

- While shopping, keep meats, poultry, dairy, and seafood in plastic bags and in an area of your shopping cart separate from other foods.
- Purchase items that need refrigeration toward the end of your shopping visit.
- If possible, bring a reusable insulated shopping bag to bag items that need refrigeration. (Make sure to wash this bag after use.)
- Keep time and temperature in mind when you leave the store. Remember that pathogens in food can grow quickly given time and temperatures between 40 °F and 140 °F. If your drive home from the store will be more than an hour, a cooler with ice or ice packs will help keep cold foods cold until you arrive home.

At our store, refrigeration is a crucial element of food safety procedures. Proper refrigeration gives bacteria the “cold shoulder” and keeps you and your family safe from foodborne illnesses. At home, check that the temperature of your fridge is 40 °F and that your freezer is 0 °F. An inexpensive appliance thermometer can be used to check the temperature.

For more food safety tips and downloads: www.fightbac.org

For more food storage tips and other great food safety resources, visit www.fightbac.org and www.foodsafety.gov.



Build your child's food safety knowledge and let him or her have fun doing it with **Perfect Picnic**, a free iPhone game app available from the App Store that helps kids learn more about how to **Fight BAC!** as they strengthen game-skills strategies while having lots of fun!

