

Smart Shopper Tips

1. **Always wash your fruit and vegetables.** Washing produce not only prevents foodborne illness, but it also helps your produce last longer!
2. **“Best By”, “Use By” and “Sell By” dates are not indicators of food safety.** These dates are based on a point of “best quality” to tell a store how long a product should be on their shelves. You might notice that product’s color, texture, or taste may change after the listed date, but it is still often safe to eat!
3. **Use your senses to judge food safety.** Does anything look, smell or taste “off”? We love rescuing food, but your safety is most important. When in doubt, throw it out!
4. **Please only take what you can use.** We can all do our part in preventing food waste by only taking what we can eat before the next time we shop!
5. **Be ready to eat your Ready-to-Eat foods!** Items with a “Packaged On” date are meant for immediate consumption (within 1-3 days) and will not last as long as typical packaged foods! If you take these items, help prevent waste by having a plan for when you will eat them.
6. **Invest in a food thermometer.** Heating or reheating your prepared or raw food to an internal temperature of 165°F will help ensure food safety- and this applies to food from anywhere... not just Vindeket! 😊
7. **Food doesn’t need to be perfect to be good.** If there are bruises or ugly spots, take it off or cut it out if possible and use what you can, but please do not eat mold or rotten items!
8. **Storing your food properly will help it last longer.** Refrigeration will help preserve foods that you intend to eat within a few days, but freezing is a great option for long-term storage for items that can handle it.



Scan here for more tips and tricks to help your food last longer and for general food safety!