Buying Safe Food

Every year over five million Australians get sick with gastro, often due to unsafe food. It’s important to check that food is safe when you buy it and bring it home to avoid getting sick. Tips for choosing ‘safe’ food:

* Check ‘best before’ and ‘use by dates’ before buying foods.
* Do not buy food in damaged containers – avoid cans with dents or rust.
* Don’t buy cracked or dirty eggs.
* Buy cold or hot foods last and get them home quickly. It can help to have an esky or cooler bag in your car to transport refrigerated items.

Some foods are ‘high risk’ for older people, so be extra careful when buying these foods:

* deli meats like ham and salami
* pate and soft cheeses
* pre-prepared or pre-packaged fruit, vegetables or salads
* smoked or ready to eat chilled seafood.

It’s better to be cautious if you are unsure. A good rule of thumb is ‘if in doubt, throw it out’!

*Updated August 2019*