

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

10 Smart Shopping Tips To Protect Your Family From Getting Sick

By Terry Nicholls

10 Smart Shopping Tips To Protect Your Family From Getting Sick

by: **Terry Nicholls**

Prevention of food poisoning starts with your trip to the supermarket. Here's how to start off safely.

1. Pick up your packaged and canned foods first. Buy cans and jars that look perfect. Don't buy canned goods that are dented, cracked or bulging. These are the warning signs that dangerous bacteria may be growing in the can.
2. Look for any expiration dates on the labels and never buy outdated food. Likewise, check the "use by" or "sell by" date on dairy products such as cottage cheese, cream cheese, yogurt, and sour cream and pick the ones that will stay fresh longest in your refrigerator.
3. Check eggs, too. Choose eggs that are refrigerated in the store. Before putting them in your cart, open the carton and make sure that the eggs are clean and none are cracked or broken.
4. Raw meat, poultry, and seafood sometimes drip. The juices that drip may have germs. Keep these juices away from other foods. Put raw meat, poultry, and seafood into plastic bags before they go into the cart. Separate raw meat, poultry, and seafood from other foods in your grocery shopping cart and in your refrigerator.
5. Don't buy frozen seafood if the packages are open, torn or crushed on the edges. Avoid packages that are above the frost line in the store's freezer. If the package cover is transparent, look for signs of frost or ice crystals. This could mean that the fish has either been stored for a long time or thawed and re-frozen.
6. Check for cleanliness at the meat or fish counter and the salad bar. For instance, cooked shrimp lying on the same bed of ice as raw fish could become contaminated.

10 Smart Shopping Tips To Protect Your Family From Getting Sick

7. When shopping for shellfish, buy from markets that get their supplies from state-approved sources; stay clear of vendors who sell shellfish from roadside stands or the back of a truck. And if you're planning to harvest your own shellfish, heed posted warnings about the water's safety.

8. Pick up milk, frozen foods, and perishables (meat, poultry, fish) last. Always put these products in separate plastic bags so that drippings don't contaminate other foods in your shopping cart.

9. Drive immediately home from the grocery store. This will give cold or frozen food less time to warm up before you get home. If the destination is farther away than 30 minutes, bring a cooler with ice or commercial freezing gels from home and place perishables in it.

10. Save hot chicken and other hot foods for last, too. This will give them less time to cool off before you get home.

Copyright (c) Terry Nicholls. All Rights Reserved.

Terry Nicholls is the author of the eBook "Food Safety: Protecting Your Family From Food Poisoning". For more tips like these, and to learn more about his book, visit his website at

Travel Doctor Q&A

By News Canada

Dr. Suni Boraston

Vancouver, BC

Q: I am going on a vacation to Mexico and have been told that you cannot eat or drink anything without being affected by Montezuma's Revenge. Is this true and is it worth going if I am going to be sick for the entire trip?

Signed: "questioning my vacation choice"

A: There is no reason to question your trip; you simply have to be a smart traveller. Travellers' Diarrhea, also called Montezuma's Revenge, is the most common medical problem affecting travellers going from developed to developing countries, including Mexico, the Caribbean, Africa, Latin America, the Middle East and most parts of Asia.

Here are a few tips to keep you from getting sick:

- Drink only carbonated bottled water or soft drinks, bottled fruit juices, alcoholic beverages without ice and hot beverages.
- Only eat fruit or vegetables that you have peeled yourself

10 Smart Shopping Tips To Protect Your Family From Getting Sick

- Make sure that foods are well cooked
- Talk to your doctor about a new, drinkable vaccine called Dukoral™ — the first and only oral vaccine that helps to protect against Travellers' Diarrhea. Dukoral is also effective in children over two and seniors. While this new vaccine helps protect against Travellers' Diarrhea, you still need to take precautions in order to stay healthy.

Have a great trip!

– News Canada

provides a wide selection of current, ready-to-use copyright free news stories and ideas

for Television, Print, Radio, and the Web.

is a niche service in public relations, offering access to print, radio, television, and now

the Internet media, with ready-to-use, editorial "fill" items. Monitoring and analysis are two more of our primary services. The service supplies access to the national media for marketers in the private, the public, and the not-for-profit sectors. Your corporate and product news, consumer tips and information are packaged in a variety of ready-to-use formats and are made available to every Canadian media organization including weekly and daily newspapers, cable and commercial television stations, radio stations, as well as the Web sites Canadians visit most often. Visit

and learn more about

the NC services.

Related Content:

Travel Doctor Q&A

Be a smarter shopper as you shop on the internet at your favorite shopping stores

A Few Tips For Shopping "smart" On The Net

Shopping Tips

Hot Summer Safety Tips

Read more Content at

Related Products:

101 tips to stay fit and live longer.

GET PAID TO SHOP AND ENJOY FREE HOLIDAYS! – By Avril Harper

Disaster Preparedness and Crime Protection Manual

Email Commando

Success Secrets

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!