



**HOME
FOOD
SAFETY**

buying guide for meat, poultry, & seafood

	Fresh Meat	Spoiled Meat
		
Color	<ul style="list-style-type: none"> ✓ Beef Bright cherry red Lamb Light red Pork Light pink meat; firm white fat 	<ul style="list-style-type: none"> ✗ Beef Brown or green Lamb Brown, somewhat white surface covering the lean meat. Pork Excessively dark color; soft fat
Odor	<ul style="list-style-type: none"> ✓ No odor 	<ul style="list-style-type: none"> ✗ Sour odor
Texture	<ul style="list-style-type: none"> ✓ Firm flesh that springs back when touched 	<ul style="list-style-type: none"> ✗ Flesh that is slimy, sticky, or dry
Packaging	<ul style="list-style-type: none"> ✓ Packaging that is intact & clean 	<ul style="list-style-type: none"> ✗ Packaging that is torn, dirty, or has broken seals

	Fresh Poultry	Spoiled Poultry
		
Color	<ul style="list-style-type: none"> ✓ Natural color 	<ul style="list-style-type: none"> ✗ Purple or green around the neck (whole poultry) Dark wing tips (red are acceptable)
Odor	<ul style="list-style-type: none"> ✓ No odor 	<ul style="list-style-type: none"> ✗ Abnormal, unpleasant odor
Texture	<ul style="list-style-type: none"> ✓ Firm flesh that springs back when touched 	<ul style="list-style-type: none"> ✗ Stickiness around wings or joints
Packaging	<ul style="list-style-type: none"> ✓ Packaging that is intact & clean 	<ul style="list-style-type: none"> ✗ Packaging that is torn or dirty

	Fresh Fish	Spoiled Fish
		
Color	<ul style="list-style-type: none"> ✓ Bright, shiny skin 	<ul style="list-style-type: none"> ✗ Dull, dry skin
Odor	<ul style="list-style-type: none"> ✓ Mild ocean or seaweed smell 	<ul style="list-style-type: none"> ✗ Strong fishy or ammonia smell
Texture	<ul style="list-style-type: none"> ✓ Firm flesh that springs back when touched 	<ul style="list-style-type: none"> ✗ Soft flesh that leaves an imprint when touched
Packaging	<ul style="list-style-type: none"> ✓ Packaging that is intact & clean 	<ul style="list-style-type: none"> ✗ Packaging that is torn, dirty or has broken seals

	Fresh Shellfish	Spoiled Shellfish
		
Odor	<ul style="list-style-type: none"> ✓ Mild ocean or seaweed smell (shellfish, shrimp, crab & lobster) 	<ul style="list-style-type: none"> ✗ Strong fishy smell (shellfish, shrimp, crab & lobster)
Shells	<ul style="list-style-type: none"> ✓ Clean and unbroken (shellfish) 	<ul style="list-style-type: none"> ✗ Very muddy or broken shells (shellfish)
Condition	<ul style="list-style-type: none"> ✓ Shells close when tapped, showing that the shellfish are alive 	<ul style="list-style-type: none"> ✗ Shells do not close when tapped, showing that the shellfish are dead