



FOOD & NUTRITION SPOTLIGHT

Safe Handling & Storage of Goat Meat

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At the Grocery Store:

- Make your selection of goat meat from the refrigerator case just before checking out at the register.
- Put packages of raw meat in disposable plastic bags (if available) to contain any leakage, which could cross-contaminate cooked foods or raw produce.

At Home:

- Before and after handling any raw meat, always wash hands in warm, soapy water for 20 seconds.
- Take packaged meat home immediately and refrigerate it at 40 °F or below.
- Keep meat in its package until it's ready to be used.
- Use ground or cubed goat meat (such as stew meat) within 2 days of purchase.
- Use larger cuts within 3 to 5 days.
- Freeze larger cuts of meat at 0 °F or below for up to a year.
- It is safe to freeze meat in its original packaging.
- If freezing longer than 2 months, over-wrap as you would any food for long-term storage.
- Ground or cubed goat meat will keep its best quality in the freezer for 4 months.
- Larger cuts, such as chops, steaks, legs, or loins, will keep their best quality 6 to 9 months.
- Frozen goat meat remains safe indefinitely if kept frozen continuously.

Resources: http://www.fsis.usda.gov/Fact_Sheets/Goat_from_Farm_to_Table

For more information on the study, please contact the authors at 225-771-3142 or 225-771-3168



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