

4 STEPS TO FOOD SAFETY



CLEAN

Wash your hands and surfaces often.

Germs that cause food poisoning can survive in many places and spread around your kitchen.

Wash hands for 20 seconds with soap and water before, during, and after preparing food and before eating.

Wash your utensils, cutting boards, and countertops with hot, soapy water. Rinse fresh fruits and vegetables under running water.



SEPARATE

Don't cross-contaminate.

Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods—unless you keep them separate.

Use separate cutting boards and plates for raw meat, poultry, and seafood. When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods.

Keep raw meat, poultry, seafood, and eggs separate from all other foods in the refrigerator.



COOK

Cook to the right temperature.

Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick.

The only way to tell if food is safely cooked is to use a food thermometer.

You can't tell if food is safely cooked by checking its color and texture.

Use a food thermometer to ensure foods are cooked to a safe internal temperature.



CHILL

Refrigerate promptly.

Bacteria can multiply rapidly if left at room temperature or in the "Danger Zone" between 40°F and 140°F. Never leave perishable food out for more than 2 hours (or 1 hour if it's hotter than 90°F outside).

Keep your refrigerator at 40°F or below and know when to throw food out. Refrigerate perishable food within 2 hours.

Thaw frozen food safely in the refrigerator, in cold water, or in the microwave.



Extension

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Stop Germs! Wash Your Hands!

