

# Four Simple Steps to Food Safety



## Fight Bac!

Wash hands and surfaces

You can't see, taste or smell them. They're sneaky little critters, and they can spread throughout the kitchen and get onto cutting boards, utensils, countertops, and food. They're foodborne bacteria—and if eaten, they can cause foodborne illness.



So on your mark, get set, go ... **CLEAN**

### Rub-a-Dub



Wash your hands with warm water and soap for **at least 20 seconds** before and after handling food and after using the bathroom, changing diapers and handling pets. For best results, use warm water to moisten hands, then apply soap and rub hands together for 20 seconds before rinsing thoroughly.

### Keep Your Scene Clean

Wash your cutting boards, dishes, utensils, and countertops with hot water and soap after preparing each food item and before going on to the next food.

### Towel Toss

Consider using paper towels to clean up kitchen surfaces. When done, throw away the towel. If you use cloth towels, wash them often in the hot cycle of your washing machine.

### Surface Cleaning Tips

- before handling food
- after handling food
- after using the bathroom;
- after changing a diaper;
- after tending to a sick person;
- after blowing nose, coughing,
- or sneezing; and after handling



## Keep it Clean!

Watch those Juices!

Remember to spread the word—not the bacteria!

## Combat Cross-Contamination

Get it straight—it's safe to separate

Cross-contamination is how bacteria can be spread. Improper handling of raw meat, poultry and seafood can create an inviting environment for cross-contamination. As a result, harmful bacteria can spread to food and throughout the kitchen.



- Separate raw meat, poultry, and seafood from other foods in your grocery shopping cart and in your refrigerator.
- If possible, use a different cutting board for raw meat products.
- Always wash hands, cutting boards, dishes and utensils with hot soapy water after they come in contact with raw meat, poultry and seafood.
- Never place cooked food on a plate which previously held raw meat, poultry and seafood



## Cook it Right... ...And Keep It Hot

Cooking food safely is a matter of degrees! Foods are properly cooked when they reach a high enough internal temperature to kill the harmful bacteria that cause foodborne illness.

**How does your safe cooking know-how measure up?**

## When serving up hot food buffet-style, remember...

On a buffet table, hot food should be kept at 140°F or higher. Keep food hot with chafing dishes, slow cookers and warming trays.



## When bringing hot soup, chili or crab dip to an outdoor party...

Keep it all piping hot before and during serving. Transport hot foods in insulated thermal containers. Keep containers closed until serving time.



## Stay Cool, Be Safe!

Refrigeration at 40°F or below is one of the most effective ways to reduce risk of foodborne illness. Microorganisms grow more rapidly at warmer temperatures, and research shows that keeping a constant refrigerator temperature of 40°F or below helps slow growth of these harmful microbes.

### The Cool Rules:

**Use This Tool to Keep It Cool:** Use a refrigerator thermometer to be sure the temperature is consistently 40°F or below.



**The Chill Factor:** Refrigerate or freeze perishables, prepared foods and leftovers within two hours of purchase or use. Always marinate foods in the refrigerator.

**The Thaw Law:** Never defrost food at room temperature. Thaw food in the refrigerator.