

Cross-Contamination Prevention: Step-by-Step

1. **Wash Your Hands**
Always wash your hands with soap and water before handling food.
2. **Use Separate Cutting Boards**
Use one cutting board for raw meat and another for vegetables or ready-to-eat food.
3. **Clean Surfaces After Each Use**
Wipe down kitchen surfaces with hot, soapy water after preparing raw meat.
4. **Keep Raw Meat Separate**
Store raw meat on the bottom shelf of the refrigerator to prevent juices from dripping onto other foods.
5. **Use Separate Utensils**
Use separate knives, tongs, or spoons for raw meat and ready-to-eat foods.
6. **Don't Reuse Marinades**
Never reuse marinades from raw meat unless they've been boiled first to kill bacteria.
7. **Cover Food**
Keep food covered, especially raw food, to avoid contamination from airborne bacteria.
8. **Wash Produce**
Rinse fruits and vegetables under cold water before eating or cooking.
9. **Dispose of Trash Immediately**
After handling raw meat, dispose of any packaging and trash right away to prevent cross-contact.
10. **Clean As You Go**
Clean up spills, crumbs, and any other mess immediately to keep surfaces clean.
11. **Check for Contamination**
Before cooking, check for any visible contamination on food, utensils, or surfaces.
12. **Avoid Bare-Hand Contact**
When possible, use gloves or utensils instead of your hands to handle ready-to-eat foods.