

Food Safety

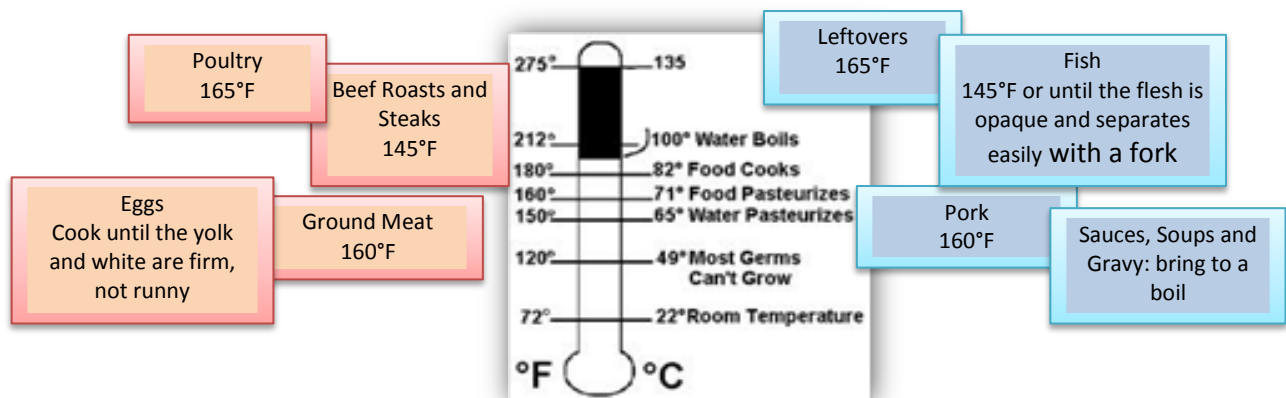
Separate: Don't Cross Contaminate

Cross-contamination is how bacteria can be spread.

- When handling raw meat, poultry, seafood, and eggs, keep these foods and their juices away from ready-to-eat foods.
- Wash cutting boards, dishes, countertops, and utensils with hot soapy water.
- Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- Use a food thermometer, to make sure that the food is cooked to a safe internal temperature.

Cook: Cook to Proper Temperatures

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause foodborne illness.



Chill: Refrigerate Promptly!

Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Cold air must circulate to help keep food safe. Keeping a constant refrigerator temperature of 40°F or below is one of the most effective ways to reduce the risk of foodborne illness. The freezer temperature should be 0°F or below.



- Refrigerate or freeze meat, poultry, eggs, and other perishables as soon as you get them home from the store.
- **Never** let raw meat, poultry, eggs, cooked food, or cut fresh fruits or vegetables sit at room temperature **more than two hours**.
- Food must be kept at a safe temperature during thawing. **There are three safe ways to defrost food:** in the refrigerator, in cold water, and in the microwave using the defrost setting.
- Always marinate food in the refrigerator.