

Food Safety 1

Hands up for safety!

Safe food is food free of harmful bacteria, viruses or contaminants that can make you sick.

Food safety from the store to the kitchen:

- Buy food from reputable sources.
- Keep hot foods hot and cold foods cold during transport.
- Put groceries away promptly to keep harmful bacteria from growing.
- Place your raw meat and eggs on the bottom shelf of the refrigerator to prevent any contamination or leakage to the lower shelves.
- Keep an appliance thermometer in your refrigerator and freezer.
 - ✓ Refrigerators should stay at or below 40 F.
 - ✓ Freezers should stay at or below 0 F.



Prepare foods safely:

- Wash your hands before preparing, cooking or eating.
- Thaw food safely in the refrigerator or under cold running water; thaw food in the microwave only if using right away.
- Don't rinse raw meat or chicken.
- Use separate, clean cutting boards and knives when cutting meats, fruits and vegetables.



Did you know?



Grocery stores sell pasteurized in-the-shell eggs that have been rapidly heated to kill bacteria and reduce the risk of foodborne illness. Although they may be more expensive, they lower the risk of foodborne illness for eggs that aren't thoroughly cooked. Look for eggs stamped with a "P."

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