

Shop, Store, Cook & Serve Safely!

An important part of healthy eating is keeping foods safe. Four basic food safety principles work together to reduce the risk of food borne illness – **Clean, Separate, Cook, and Chill.**

CLEAN SURFACES



Clean all countertops and kitchen surfaces before cooking.

- ✘ Hand washing is important to prevent contamination of food before and after preparing food, especially after handling raw seafood, meat, poultry, or eggs, and before eating.
- ✘ To reduce contaminations from foods, all produce, regardless of where it was grown or purchased, should be thoroughly rinsed.
- ✘ At least once a week, throw out refrigerated foods that should no longer be eaten.
- ✘ Cooked leftovers should be discarded after 4 days; raw poultry and ground meats, 1 to 2 days.



Always use clean utensils.

SURFACES & APPLIANCES

- ✘ Frequent cleaning of surfaces is essential in preventing cross contamination.
- ✘ Wipe up spills immediately—clean food-contact surfaces often.
- ✘ Clean the inside and the outside of appliances. Pay particular attention to buttons and handles where cross contamination to hands can occur.

VEGETABLES & FRUITS



All produce, regardless of where it was grown or purchased, should be thoroughly rinsed. However, any pre-cut packaged items that are labeled as pre-washed and ready-to-eat can be eaten without further rinsing.

- ✘ Rinse fresh vegetables and fruits under running water just before eating, cutting, or cooking.
- ✘ Do not use soap or detergent to clean produce; commercial produce washes are not needed.
- ✘ Even if you plan to peel or cut the produce before eating, it is still important to thoroughly rinse it first.
- ✘ Scrub the skin or rind of firm produce, such as melons and cucumbers, with a clean produce brush while you rinse it.
- ✘ Dry produce with a clean cloth towel or paper towel to further reduce bacteria that may be present.

SEAFOOD, MEAT, & POULTRY



- ✘ Raw seafood, meat, and poultry should not be rinsed. Bacteria in these raw juices can spread to other foods, utensils, and surfaces, leading to food borne illness.



Never taste food until it is done cooking.



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Separate

Separating foods that are ready-to-eat from those that are raw or that might otherwise contain harmful microbes is key to preventing food borne illness. Attention should be given to separating foods at every step of food handling, from purchase to preparation to serving.

Separate Foods When Shopping

- ✘ Place raw seafood, meat, and poultry in plastic bags.
- ✘ Separate them from other foods in your grocery cart and bags.
- ✘ Store raw seafood, meat, and poultry below ready-to-eat foods in your refrigerator.
- ✘ Clean reusable grocery bags regularly. Wash canvas and cloth bags in the washing machine and wash plastic reusable bags with hot, soapy water.

Separate Foods When Preparing & Serving Food

- ✘ Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry.
- ✘ Always use a clean plate to serve and eat food.
- ✘ Never place cooked food back on the same plate or cutting board that previously held raw food.



Wash hands in warm, soapy water before and after handling food.

Keep Foods at Safe Temperatures

Separating foods that are ready-to-eat from those that are raw or that might otherwise contain harmful microbes is key to preventing food borne illness. Attention should be given to separating foods at every step of food handling, from purchase to preparation to serving.

Keep Foods at Safe Temperatures

- ✘ Hold cold foods at 40°F or below.
- ✘ Keep hot foods at 140°F or above.
- ✘ Foods are no longer safe to eat when they have been in the danger zone of 40-140°F for more than 2 hours (1 hour if the temperature was above 90°F).
 - ✘ When shopping, the 2-hour window includes the amount of time food is in the grocery basket, car, and on the kitchen counter.
 - ✘ As soon as frozen food begins to thaw and become warmer than 40°F, any bacteria that may have been present before freezing can begin to multiply. Use one of the three safe ways to thaw foods: (1) in the refrigerator, (2) in cold water (i.e., in a leak proof bag, changing cold water every 30 minutes), or (3) in the microwave. Never thaw food on the counter. Keep your refrigerator at 40°F or below.
- ✘ Keep your freezer at 0°F or below. Monitor these temperatures with appliance thermometers.



Always cook with adult supervision.

