

# FOOD SAFETY BEGINS AT HOME

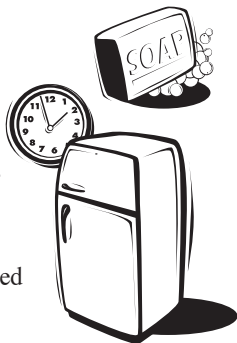
## TIPS TO KEEP YOU HEALTHY

Infectious germs can spread quickly when food is not prepared and stored safely. Proper food handling and storage helps prevent foodborne illnesses that may produce mildly uncomfortable to deadly symptoms.

Incorporate the following tips into your kitchen routine for safe and healthy eating:



- Wash your hands in hot, soapy water for 20 seconds before preparing food and between handling raw meat, poultry or fish and other foods, utensils or dishes.
- Thoroughly cook meat to at least 160° and poultry to at least 180° Fahrenheit to kill any bacteria present.



- Refrigerate leftovers of meat and other perishables at 40° or below within two hours after cooking and serving.



- Wash fruits and vegetables – including pre-packaged salads and melons – under cool running water. Refrigerate cut produce promptly.



- Check labels to determine if purchased products such as cookie dough, Caesar salad dressing, egg nog, and tiramisu contain uncooked or unpasteurized eggs. To avoid the risk of Salmonella, products containing uncooked or unpasteurized eggs should be avoided.

- Wash all food contact surfaces (*e.g.*, cutting boards, utensils) with soap and hot water after each use; sanitize cutting boards, countertops and cooking surfaces in an automatic dishwasher or with a solution of 1-3 tablespoons of household chlorine bleach\* per gallon of water; let stand 2 minutes; rinse; air dry.

- Discard cutting boards that are worn with cracks, crevices, and excessive knife scars.
- Frequently soak sponges, dishcloths, and dish towels in a disinfecting solution of 1-3 tablespoons bleach in one gallon of water. Soak for 2 minutes, rinse, air dry.

\*plain, unscented, liquid chlorine bleach

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