NOVEMBER

4 Steps to Food Safety

CLEAN
Wash hands and surfaces often

SEPARATE
Don’t cross-contaminate

COOK
Cook to safe temperatures

CHILL
Refrigerate promptly

*Bacteria can spread throughout the kitchen and get onto cutting boards, utensils, countertops, and food

*Cross-contamination happens when bacteria are spread from one food to another. This is common when handling raw meat, poultry, seafood, and eggs. The key is to keep these foods and their juices away from ready-to-eat foods.

**When in Doubt – Throw it Out

You can’t tell by looking. Use a food thermometer to be sure.

USDA Recommended Safe Minimum Internal Temperatures

*Refrigerate or freeze meat, poultry, eggs, seafood, and other perishables within 2 hours of cooking or purchasing.¹