



## Four Steps to Food Safety

### 1. Clean:

- Wash your hands, utensils, and all surfaces with hot, soapy water before and after preparing food.
- Wash cutting boards with hot, soapy water after each use.
- Use paper towels or cloth towels to clean kitchen surfaces. Be sure to wash cloth towels often in the hot cycle of your washing machine.
- Wash all fruits and vegetables well under running water.



### 2. Separate:

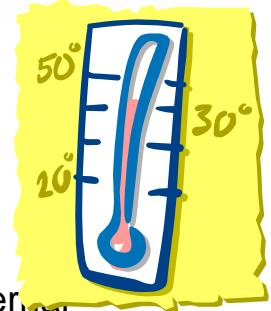
- Wash hands, cutting boards, dishes, and utensils with hot, soapy water after they touch any raw meat, poultry, or seafood.
- Use one cutting board for fresh produce and another for raw meats.
- Never place cooked food back on the same plate that previously held raw food.
- Separate and keep sealed all raw meats from other foods in your grocery cart and refrigerator.
- Do not reuse marinades that were used for raw meat, poultry or seafood, unless it is boiled before reusing.





### 3. Cook:

- Use a food thermometer to measure the food's internal cooking temperature to ensure safe cooking.
- Use the Safe Cooking Food Chart to determine safe internal temperatures.
- When using a microwave, cover, stir, and rotate food during cooking.
- Throw away leftovers that have been reheated once already.



### 4. Chill:

- Refrigerate or freeze perishables within 2 hours.
- Thaw foods in the refrigerator, in cold water, or in the microwave, if you are cooking it immediately.
- Separate large amounts of leftovers into small, shallow containers.
- Don't overstuff the refrigerator.
- Keep foods out of the Temperature Danger Zone (unsafe temperatures between 40-140°F, which allow bacteria to grow rapidly).
- Throw out foods that spoil easily, such as meat and dairy, that are left out at room temperature for more than 2 hours.

