



FOOD SAFETY TIPS

This holiday season and throughout the year, follow these 11 tips to reduce your risk of foodborne illness.



Suds up for 20 seconds.

Wash hands with soap under warm, running water before and after handling food to fight bacteria.



Start with a clean scene.

Wash cutting boards, dishes, countertops and utensils with hot water and soap.

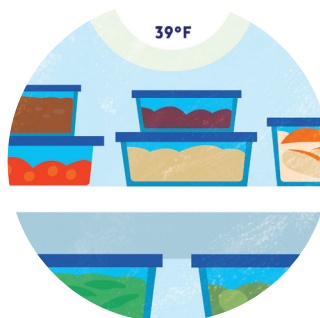
Keep foods separate.

Separate raw meat, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.



Don't rinse meat or poultry.

It is not a safety step and can spread germs around your kitchen.



Keep your refrigerator at 40°F or below.

Refrigerate leftovers in shallow containers within two hours.



Read and follow package cooking instructions.

The instructions may call for a conventional oven, convection oven, toaster oven or microwave, and it's important to use the proper appliance to ensure even cooking.



Rinse fresh fruits and veggies

under running tap water, including those with skins and rinds that are not eaten.

Place meat and poultry in plastic bag provided at the meat counter,

and keep it in the plastic bag in your refrigerator at home.



Never defrost at room temperature.

Safely defrost food in the refrigerator, in cold water or in the microwave.



Use a food thermometer.

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that causes illness.



Clean out your fridge.

No leftovers past 3-4 days.

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