Food Safety

One in six Americans will get sick from food poisoning this year.

4 SIMPLE STEPS TO FOOD SAFETY

1. Clean
   - Wash your hands for at least 20 seconds.
   - Wash fruits and vegetables.
   - Wash surfaces and utensils after each use.

2. Separate
   - Keep meat, poultry, seafood, and eggs from all other foods at all times.
   - Use a separate cutting board and plates for produce and for all types of meat and eggs.

3. Cook
   - Use a food thermometer to make sure you are cooking meats to their recommended temperatures.
   - Keep food hot after cooking (140 degrees or more).
   - Microwave food thoroughly (165 degrees).

4. Chill
   - Refrigerate perishable foods within two hours.
   - Never thaw or marinate foods by leaving them on the counter.

RESOURCES
Federal Food Safety Information
The Food Safety and Inspection Service
Centers for Disease Control and Prevention
US Food and Drug Administration