

# 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](#)

