

FOOD SAFETY

4 STEPS TO FOOD SAFETY

CLEAN YOUR REFRIGERATOR

Clean

- Wash hands and clean surfaces often with soap and hot water.
- Wash hands for 20 seconds before, during and after preparing food and before eating.

Separate

- Avoid cross contamination by separating raw meats from ready-to-eat foods

Cook

- Germs can't be seen! Use your thermometer to check that hot foods are cooked to 140F or more.

Chill

- Refrigerate perishable foods within 2 hours.
- The temperature danger zone for germs to multiply in food is between 40°F and 140°F.

Clean your refrigerator often to reduce germs

- Clear out and toss expired products.
- Wipe down all surfaces using hot, soapy water
- Wipe down all food and drink containers with hot, soapy water before putting them back in the clean refrigerator.
- Avoid the danger zone...Do not leave food items out for more than 2 hours.
- Remember to wash your hands after you've finished cleaning.



References: <https://www.cdc.gov/foodsafety/keep-food-safe.html>. Accessed November 10, 2020.

<https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education>. Accessed November 10, 2020.