

Keep It Clean

ANNCR: There is a reason that doctors and dentists are always washing their hands. Soap and hot water remove harmful bacteria, including the “bugs” that cause food-related illness.

So, with food safety in mind, (STATION or ORGANIZATION) reminds consumers to “keep it clean” in the kitchen. This means washing your hands thoroughly before preparing and eating a meal and after handling raw meat, poultry, eggs or seafood and washing utensils and surfaces often.

It’s a simple way that you can keep food-related illness from “bugging” you and the people you love.

Separate, Don’t Cross-Contaminate

ANNCR: It’s an unappetizing fact but one worth remembering: sometimes, the food we eat can make us sick. But most cases of food-related illness can be prevented.

How? One important rule is to keep raw meat, poultry, eggs and seafood and their juices separate from ready-to-eat foods. With food safety in mind, (STATION) urges consumers to separate, don’t cross-contaminate. It’s one simple way to keep your foods safe from harmful bacteria.

Cook Foods To Proper Temperatures

ANNCR: Here’s an important food safety rule to keep in mind. It takes thorough cooking to kill harmful bacteria.

That’s why (STATION or ORGANIZATION) urges consumers to check food--especially meat and poultry --for doneness with a food thermometer. Because food safety is so important, don’t take chances. Cooking foods thoroughly is a simple way to keep you and your family healthy.

Keep It Cold

ANNCR: When it comes to food safety, experts stress that cold temperatures will keep harmful bacteria from growing or multiplying on food.

That's why (STATION or ORGANIZATION) says to remember the "2-Hour Rule." This means refrigerate or freeze perishables, prepared foods and leftovers as soon as possible. Don't let food sit out at room temperature more than two hours maximum. Because food safety is so important, refrigerating foods quickly is one simple way that you can give bacteria the cold shoulder.