



Home Food Safety  
**MYTHBUSTERS**  
September is National Food Safety Education Month!

**MYTH :** Lemon juice and salt will clean and sanitize a cutting board.

**MYTH :** Putting chicken in a colander and rinsing it with water will remove bacteria like salmonella.

**MYTH :** Once a hamburger turns brown in the middle it is cooked to a safe internal temperature.

**MYTH :** You should not put hot food in the refrigerator.