

November  
is

# National Caregivers Month



ABOUT THE PARTNERSHIP  
FOR FOOD SAFETY  
EDUCATION

The Partnership for Food Safety Education (PFSE) is a not-for-profit organization that unites industry associations, professional societies in food science, nutrition and health, consumer groups, and the U.S. government to educate the public about safe food handling.

*Be Food Safe* is a health promotion and disease prevention campaign of the Partnership for Food Safety Education. It is designed to remind consumers about important safe food handling practices at the places where they shop for food.

[www.befoodsafe.org](http://www.befoodsafe.org)



Caregivers to children, older adults, or anyone with a chronic disease must be vigilant in following safe food handling practices to prevent foodborne illness.



Reducing risk of illness is made simple by four important basics: **Clean, Separate, Cook and Chill.**

**CLEAN:** *Wash hands and surfaces often*

- Wash hands with warm water and soap for 20 seconds before and after handling food and after using the bathroom; changing a diaper; tending to a sick person, blowing your nose; coughing or sneezing; and handling pets.
- Wash cutting boards, dishes, utensils and counter tops with hot soapy water before preparing each food item and before you go on to the next food.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.

**SEPARATE:** *Don't cross-contaminate*

- Use one cutting board for fresh produce and a separate one for your meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs.

**COOK:** *Cook food to safe temperature*

- Cook food to the recommended safe internal temperature as measured by a food thermometer. You can't tell by looking!
- Ground beef to 160°, fresh beef, veal and lamb to 145° F; fresh pork to 160° F; poultry to 165° F. Cook eggs until the yolk and white are firm.

**CHILL:** *Refrigerate promptly*

- Refrigerate leftovers promptly. Marinate foods in the refrigerator, not on the counter.
- Use an appliance thermometer to be sure the temperature of your refrigerator is consistently 40° F or below.

Insert Company logo and additional info for caregivers here.

