



**Note to extension services and food safety educators using these scripts:** You can go to this site: <http://www.istockphoto.com/> and, for a small fee, you can download audio clips for sound effects for the PSAs. To record all four PSAs with sound effects, you would need the four audio clips listed below, though you can certainly do your own.

**30-second Radio SCRIPTS:**

**Bagged lettuce - 83 words**

If you're careful about food safety, (sound FX 11461372 kitchen sink running water) you might be tempted to rinse off bagged lettuce and greens before using them. But, if packaged greens are labeled "ready-to-eat," "washed," or "triple washed" then the product does NOT need to be washed at home. Pre-washed greens have been through a cleaning process immediately before going into the bag. Re-washing and handling the greens create opportunities for contamination with germs.

So, for food safety's sake: **LETTUCE** eat our pre-washed greens **WITHOUT** further rinsing.

For more information, contact ORGANIZATION NAME

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**Microwaving - 98 words**

(Sound FX 20077935 Microwave oven in use) Here's a food safety tip about microwaving: Microwaves aren't what kill bacteria - it's the heat generated by microwaves that kills bacteria in foods, but only when foods are heated to a safe internal temperature. Foods can cook unevenly because they may be shaped irregularly or vary in thickness. Uneven cooking can leave cold spots in food, where harmful bacteria can survive.

Be sure to check the temperature of microwaved foods with a food thermometer in several spots before serving.

Remember: Putting the **HEAT** on bacteria helps protect you and your family from foodborne illness.

For more information, contact ORGANIZATION NAME

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### **Touching meat to check for doneness - 97 words**

When it comes to food safety, you can't judge a food by its cover.

(Sound FX 20246703, sizzling food) Color, texture and steaming are NOT indicators that a food is safe to eat. The outside of a food might be steaming hot, but there may be cold spots inside. The only sure way to know food is safely cooked is to check the temperature with a food thermometer to confirm it has reached a safe internal temperature.

Remember: no matter how hot food may feel on the outside, bacteria can still be chillin' on the inside.

For more information, contact ORGANIZATION NAME

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### **Thawing - 94 words**

Here's a food safety tip that can save you time -- (Sound FX 10953270 coins) and money too:

If raw foods such as meat, poultry, egg products, and seafood have been thawed in the refrigerator, then they may be safely re-frozen without cooking for later use. If raw foods are thawed outside of the refrigerator -- for example in the microwave or in cool water -- they should be cooked immediately. But, never thaw raw foods by letting them sit on the kitchen counter.

For more food safety tips on how to protect your **frozen assets**, contact ORGANIZATION NAME