CORE FOUR RULES OF HOME FOOD SAFETY

CLEAN
Wash hands, kitchen surfaces and utensils with hot, soapy water before and after handling food.

SEPARATE
Separate produce from raw meat, seafood, poultry, eggs and household chemicals.

COOK
Cook food to a high enough internal temperature to kill the harmful bacteria that cause foodborne illness.

CHILL
Keep your refrigerator at or below 40°F and your freezer at 0°F. Refrigerate or freeze leftovers in shallow containers within two hours.

TRUE OR FALSE?
Thawing at room temperature is the best method for defrosting food.

Parent Quiz! Turn your placemat upside down to learn the answer!

Learn more about food safety at StoryOfYourDinner.org
Partnership for Food Safety Education 2016

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Thawing at room temperature is the best method for defrosting food. Food thawed in cold water or in the microwave should be cooked immediately.