Learn more about food safety at StoryOfYourDinner.org.

CORE FOUR RULES OF HOME FOOD SAFETY

**CLEAN**
Wash your 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!

**CORE FOUR RULES OF HOME FOOD SAFETY**
- **CLEAN**: Wash hands and surfaces often.
- **SEPARATE**: Don’t cross-contaminate.
- **COOK**: Cook to the safe internal temperature.
- **CHILL**: Refrigerate or freeze promptly.

Turn your placemat upside down to learn the answer!

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