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°F, 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.