Before food gets to our table it passes through several steps. Tiny germs called pathogens – so small they can only be seen with a microscope – can get into our food and make us sick. Keeping food safe and preventing food poisoning starts at the farm and extends all the way to our family's dinner table!

Food Safety at Home

Food poisoning can happen to anyone. Following four simple steps at home will help reduce your risk of food poisoning:

Clean: wash hands and surfaces often
Separate: don't cross-contaminate
Cook: to safe internal temperature
Chill: refrigerate promptly