There’s nothing more important than keeping your family safe from food poisoning. Food poisoning is an illness caused by bacteria found in contaminated food. Take the Partnership for Food Safety Education’s Fight BAC!® Challenge to see how much you know about food safety.

Before you begin, review the Four Food Safety Practices.

- **Clean**: Wash hands and surfaces often.
- **Separate**: Don’t cross-contaminate.
- **Cook**: Cook to proper temperatures.
- **Chill**: Refrigerate promptly.
True or False?

The correct temperature for the refrigerator setting is 40 °F or colder and for the freezer, 0 °F. Cold temperatures keep bacteria from growing.
True.

Use a refrigerator thermometer to monitor the temperature inside. Keep the refrigerator at 40 °F or colder for safety.

CHILL Tip: Leftovers should be refrigerated promptly and used or frozen within 3-4 days.
True or False?

Thawing at room temperature is the best method for defrosting food.
False. Never thaw food at room temperature. The safest method is to defrost food in the refrigerator.

CHILL Tip: Food can be thawed in cold water, changing the water every 30 minutes to keep it chilled. If thawed in the microwave, food must be prepared immediately.
True or False?

It’s OK to place cooked food on the same platter that held raw meat, poultry, seafood, or eggs during your meal preparations.

www.fightbac.org
False.

Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs. This can cause cross-contamination—the spread of germs from one food or surface to another.

**SEPARATE Tip:** Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
True or False?

You should always wash your hands thoroughly before and after handling food.
A person with bacteria or viruses on their hands can spread those bacteria or viruses to any type of food that they touch. To be safe, always wash your hands before and after handling food.

**CLEAN Tip:** Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, and handling pets.
Protect Your Family!

According to the Centers for Disease Control, food poisoning affects one in six Americans every year – many of them children. In fact, children under 4 years old are 4.5 times more likely to acquire bacterial infections from food compared to adults aged 20-49 years. Because the effects of the illnesses can sometimes be long-lasting and even life-threatening, it’s important to know as much as you can about how to keep your family safe.

Remember to always follow the Four Food Safety Practices when handling food. Visit [www.fightbac.org](http://www.fightbac.org) to learn more about home food safety.

- **Clean**: Wash hands and surfaces often.
- **Separate**: Don’t cross-contaminate.
- **Cook**: Cook to proper temperatures.
- **Chill**: Refrigerate promptly.