Freezing food kills bacteria, so it isn’t important to cook frozen vegetables.

I eat a vegetarian diet, so I don’t have to worry about food poisoning.

Turn your placemat upside down to learn the answers!

False! Bacteria can survive freezing temperatures, so freezing is not a method for making foods safe to eat. When food is thawed, bacteria can still be present and may begin to multiply. Cooking food to the proper temperature is the best way to kill harmful bacteria. Be sure to follow package cooking instructions for safety and quality.

False! Fruits and vegetables are an important part of a healthy diet and, like other raw foods, they may carry a risk of foodborne illness. Always rinse produce under running tap water, including fruits and vegetables with skins and rinds that are not eaten.

For Sale at Your Grocery Store

Food Grows

Seeds Planted

Food is Transported

You Safely Prepare Food at Home

Produce is Harvested and Flash Frozen to Lock In Nutrients

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.

Fruits and vegetables make healthy snacks. Be sure to rinse whole fresh produce properly before you eat and follow the package instructions on frozen vegetables.

Learn more about food safety at StoryOfYourDinner.org.

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