A HEALTHY HOME HOLIDAY

This will be a holiday season unlike others! These food safety tips will help you put health first.

Wash your hands before helping in the kitchen
Wash your hands after handling raw meat, flour and eggs
Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
Rinse your hands well under clean, running water.
Dry your hands using a clean towel or air dry them.

Learn more about food safety and get holiday recipes at StoryofYourDinner.org