PREP YOURSELF
FOOD IS ON THE WAY!

Whether you use meal kits, restaurant delivery or grocery delivery, home food delivery gives us great food options! With so many more ways to bring food into our homes, our role in keeping great food SAFE has never been more important.

BE DELIVERY SMART

Food delivery, which includes meal kits, restaurant delivery and grocery delivery, is on the rise! As food delivery becomes more a part of your life, food safety remains important for you and your family!

Before ordering, take steps that will help ensure the food you want to enjoy stays safe.

Ask questions. Understand the delivery company's safety standards and how they respond if food is delivered at an unsafe temperature or appears to have been tampered with. Ask!

Arrange for delivery when someone is at home so food can be refrigerated or stored quickly instead of being left outside until someone is at home.

Find a safe space for delivery if no one will be at home when food arrives. This space should be cool, shaded and secure from pests and rodents. Include this location in your order.

KNOW YOUR ROLE

As the way we receive food changes, the core food safety practices remain essential to protecting our health and the health of those we love.

Follow three simple steps to fulfill your role!

1 **Wash counters.** Cleaning surfaces with hot, soapy water can reduce the spread of harmful bacteria in your kitchen. You can't see, taste or smell the bacteria that cause food poisoning. These germs can make you sick if ingested, and they spread through contact with surfaces, utensils, and food.

2 **Wash hands.** Washing your hands is one of the most effective ways to prevent the spread of germs. 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. If soap and water aren't available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

3 **Cook, serve or save.** When food is delivered, serve ready-to-eat foods immediately, cook raw foods you are ready to prepare now, and properly store foods you plan to eat later. Refrigerate or freeze any raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables that arrive in your grocery order within two hours. Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause foodborne illness. Use a food thermometer to measure the internal temperature of cooked foods.

REPORT ISSUES

As the way we receive food changes, the core food safety practices remain essential to protecting our health and the health of those we love.

Reporting illness due to foods is a critical part of keeping food safe for everyone.

Notify the company if you suspect tampering or that perishable food was left out too long. Don't eat the food, or even taste it to see if it is safe.

If you or a family member experience symptoms of a serious foodborne illness, seek medical attention and contact your local health agency.

The CDC public health gateway can help you locate your local health agency. (https://www.cdc.gov/publichealthgateway/)

Questions? Try these toll-free federal food safety hotlines. For meat, poultry, or pasteurized egg products, call the USDA Meat & Poultry Hotline at 1-888-MPHotline (1-888-674-6854). For all other food products, call FDA's Food and Cosmetic Information Center at 1-888-SAFEFOOD (1-888-723-3366).

Partnership for Food Safety Education