

FOOD SAFETY BASICS FOR HOLIDAY FOOD DELIVERY

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 keep your delivered foods safe!

1) WASH COUNTERS AND SURFACES

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 WITH SOAP AND WATER

Washing your hands is one of the most effective ways to prevent the spread of germs. Wash your hands with clean, running 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. Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause food poisoning. Use a food thermometer to measure the internal temperature of foods you cook at home. 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.



Learn more about food safety at StoryofYourDinner.org

THE
story
OF YOUR
dinner
Partnership for
Food Safety Education

Partnership for
Food Safety
Education