Learn more about food safety at StoryOfYourDinner.org.

**RULES OF HOME FOOD SAFETY**

**CLEAN**
- Wash your hands, kitchen surfaces and utensils with hot, soapy water before and after handling food.

**SEPARATE**
- Separate produce from raw meat, seafood, poultry, eggs and household chemicals.

**COOK**
- Cook food to a high enough internal temperature to kill the harmful bacteria that cause foodborne illness.

**CHILL**
- Keep your refrigerator at or below 40°F and your freezer at 0°F.
- Refrigerate or freeze leftovers in shallow containers within two hours.

**CORE FOUR RULES OF HOME FOOD SAFETY**

1. **CLEAN**
   - Wash hands and surfaces often.

2. **SEPARATE**
   - Don't cross-contaminate.

3. **COOK**
   - Cook to the safe internal temperature.

4. **CHILL**
   - Refrigerate or freeze promptly.

**PARENT QUIZ!**

**THAWING**
- Thawing at room temperature is the best method for defrosting food.

**FALSE!** There are three safe ways to defrost food:
- in the refrigerator
- in cold water
- in the microwave

Food thawed in cold water or in the microwave should be cooked immediately. False! Food thawed in cold water or in the microwave should be cooked immediately.

**TRUE OR FALSE?**

Cook food to the safe internal temperature to kill the harmful bacteria that cause foodborne illness.

**TRUE**

**COLOR THEM!**

Learn more about food safety at StoryOfYourDinner.org.