



## FOOD SAFETY TIPS

**This holiday season and throughout the year, follow these 11 tips to reduce your risk of foodborne illness.**



### **Suds up for 20 seconds.**

Wash hands with soap under warm, running water before and after handling food to fight bacteria.



### **Start with a clean scene.**

Wash cutting boards, dishes, countertops and utensils with hot water and soap.

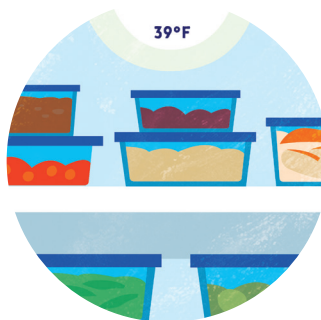
### **Keep foods separate.**

Separate raw meat, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.



### **Don't rinse meat or poultry.**

It is not a safety step and can spread germs around your kitchen.



### **Keep your refrigerator at 40°F or below.**

Refrigerate leftovers in shallow containers within two hours.



### Read and follow package cooking instructions.

The instructions may call for a conventional oven, convection oven, toaster oven or microwave, and it's important to use the proper appliance to ensure even cooking.



### Rinse fresh fruits and veggies

under running tap water, including those with skins and rinds that are not eaten.

### Place meat and poultry in plastic bag provided at the meat counter,

and keep it in the plastic bag in your refrigerator at home.



### Never defrost at room temperature.

Safely defrost food in the refrigerator, in cold water or in the microwave.



### Use a food thermometer.

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that causes illness.



### Clean out your fridge.

No leftovers past 3-4 days.

BROUGHT TO YOU BY:



Learn more about food safety at [StoryOfYourDinner.org](http://StoryOfYourDinner.org)