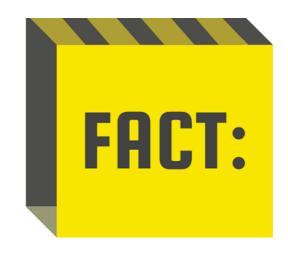# MYTH:

"Putting chicken in a colander and rinsing it with water will remove bacteria like Salmonella."

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FACT:

Rinsing chicken in a colander will not remove bacteria.

In fact, it can spread raw juices around your sink, onto your countertops, and onto ready-to-eat foods. Bacteria in raw meat and poultry can only be killed when cooked to a safe minimum internal temperature, which for poultry is 165 °F, as measured by a food thermometer.

✓ Save yourself the messiness of rinsing raw poultry. It is not a safety step and can cause cross-contamination!
✓ Always use a food thermometer to check the internal temperature of your food.

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Partnership for Food Safety Education