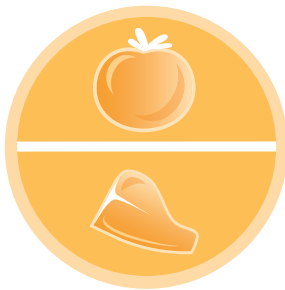


4 Steps to Food Safety



Clean - Wash hand, Surfaces and Fruits and Vegetable

Bacteria can spread throughout your kitchen and get on hands, cutting boards, utensils and counter tops. Use clean cutting boards, utensils and counter tops when preparing raw and ready to eat foods. It's important to wash and scrub fruits and vegetable under a stream of cold running water before cutting. Bacteria can spread from the outside of produce to the inside through the slice of the knife. Always wash hands with warm water and soap for 20 seconds before and after handling food.



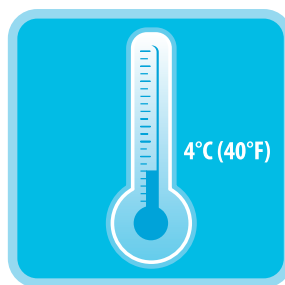
Separate - Don't Cross Contaminate

Cross-contamination is how harmful bacteria spread. Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood. Always use clean utensils when cutting fresh produce and ready to eat foods.



Cook - Cook to Safe Temperatures

Even for experienced cooks, the improper heating and preparation of food means bacteria can survive. Use a food thermometer to measure the internal temperature of cooked foods. Make sure that meat, poultry, egg dishes, casseroles and other foods and leftovers are cooked to the internal temperature shown in our cooking chart.



Chill - Refrigerate Promptly

Bacteria multiply fastest at temperatures between 4°C (40°F) and 60°C (140°F), so chilling food properly is one of the most effective ways to reduce the risk of food borne illness. Chill leftovers, sliced fruits and vegetables within 2 hours. Keep the fridge at 4°C (40°F) or colder and use a thermometer to check the temperature.

For more information, call the Health ACTION Line
1-800-660-5853 or visit www.healthunit.org

