

Wash hands, utensils, and surfaces often.



Clean.

Don't cross-contaminate.



Separate.

Use a food thermometer.



Cook.

Chill food promptly.



Chill.



# Did you know that in the United States each year...



United States Department of Agriculture  
Food Safety and Inspection Service



## Food handling safety risks are more common than most people think.

...76 million cases of foodborne illness occur.

...more than 325,000 people are hospitalized for foodborne illness.

...5,000 people will die from foodborne illness.

To find out more about food safety, visit [befoodsafegov.gov](http://befoodsafegov.gov).

Questions? Click on [Ask Karen](#) or call [1-888-MPHotline](tel:1-888-MPHotline).

### Harmful Bacteria Can Make People Sick.

## Four Easy Lessons in Safe Food Handling.

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# Follow These Four Easy Steps To Help Your Family Be Food Safe.

**Clean.** Bacteria can spread throughout the kitchen and get on hands, cutting boards, knives, and countertops. Frequent cleaning can keep that from happening.



**WASH** hands with soap and warm water for 20 seconds before and after handling food.

**RUN** cutting boards and utensils through the dishwasher or wash them in hot soapy water after each use.



**KEEP** countertops clean by washing with hot soapy water after preparing food.

**Separate.** Cross-contamination is how bacteria spreads. Keep raw meat, poultry, and seafood and their juices away from ready-to-eat food.



**USE** one cutting board for raw meat, poultry, and seafood and another for salads and ready-to-eat food.

**KEEP** raw meat, poultry, and seafood and their juices apart from other food items in your grocery cart.



**STORE** raw meat, poultry, and seafood in a container or on a plate so juices can't drip on other foods.

**Cook.** Even for experienced cooks, the improper heating and preparation of food means bacteria can survive.



**USE** a food thermometer—you can't tell food is cooked safely by how it looks.

**STIR**, rotate the dish, and cover food when microwaving to prevent cold spots where bacteria can survive.



**BRING** sauces, soups, and gravies to a rolling boil when reheating.

**Chill.** Bacteria spreads fastest at temperatures between 40 °F - 140 °F, so chilling food properly is one of the most effective ways to reduce the risk of foodborne illness.



**COOL** the fridge to 40 °F or below, and use an appliance thermometer to check the temperature.

**CHILL** leftovers and takeout foods within 2 hours, and divide food into shallow containers for rapid cooling.



**THAW** meat, poultry, and seafood in the fridge, not on the counter, and don't overstuff the fridge.



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