

FOOD SAFETY CORE 4

1. Separate

When shopping, pick up meat, poultry, and seafood last. Separate these items from other groceries in your cart or bag.

When you get home, separate fresh fruits and vegetables from meat and seafood in your refrigerator.



2. Clean

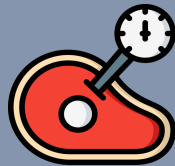


Wash your hands with warm soapy water for at least 20 seconds before and after handling food.

Rinse all fresh fruits and vegetables under running tap water, even those with skins that you do not eat.



3. Cook



Always use a food thermometer to make sure your food is cooked to a safe temperature, you can't tell just by looking at it.

Cover food, stir and rotate several times for even cooking.



4. Chill

Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.

Never defrost food at room temperature. Defrost meat, poultry, and fish in the refrigerator, under cold running water, or in the microwave.

