be food safe ™

from USDA
and the Partnership
for Food Safety Education

Clean.

Wash hands, utensils, and cutting boards before and after contact with raw meat, poultry, seafood, and eggs.

Separate.

Keep raw meat and poultry apart from foods that won't be cooked.

Cook.

Use a food thermometer – you can't tell food is cooked safely by how it looks.

Chill.

Chill leftovers and takeout foods within 2 hours and keep the fridge at 40 °F or below.

Food handling safety risks at home are more common than most people think. The four easy lessons of Clean, Separate, Cook, and Chill can help prevent harmful bacteria from making your family sick.

To find out more about food safety, visit **befoodsafe.gov** Questions? Click on **Ask Karen** or call **1-888-MPHotline.**

be food safe ™
from USDA
and the Partnership
for Food Safety Education

Be food safe. Clean.

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.

Bacteria can spread throughout the kitchen and get on hands, cutting boards, knives, and countertops. Frequent cleaning can keep that from happening. The four easy lessons of Clean, Separate, Cook, and Chill can help prevent harmful bacteria from making your family sick.

To find out more about food safety, visit **befoodsafe.gov** Questions? Click on **Ask Karen** or call **1-888-MPHotline.**

be food safe™
from USDA
and the Partnership
for Food Safety Education

Be food safe. Separate.

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.

Cross-contamination is how bacteria spreads. Keep raw meat, poultry, and seafood and their juices away from ready-to-eat food. The four easy lessons of Clean, Separate, Cook, and Chill can help prevent harmful bacteria from making your family sick.

To find out more about food safety, visit **befoodsafe.gov** Questions? Click on **Ask Karen** or call **1-888-MPHotline.**

be food safe ™

from USDA and the Partnership for Food Safety Education

Be food safe. Cook.

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.

Even for experienced cooks, the improper heating and preparation of food means bacteria can survive. Visit befoodsafe.gov for more information on the safe internal temperatures for cooking foods. The four easy lessons of Clean, Separate, Cook, and Chill can help prevent harmful bacteria from making your family sick.

To find out more about food safety, visit **befoodsafe.gov**
Questions? Click on **Ask Karen** or call **1-888-MPHotline.**

be food safe
™
from USDA
and the Partnership
for Food Safety Education

Be food safe. Chill.

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.

Bacteria spreads fastest at temperatures between 40 ºF - 140 ºF, so chilling food properly is one of the most effective ways to reduce the risk of foodborne illness. The four easy lessons of Clean, Separate, Cook, and Chill can help prevent harmful bacteria from making your family sick.

To find out more about food safety, visit **befoodsafe.gov** Questions? Click on **Ask Karen** or call **1-888-MPHotline.**

be food safe ™
from USDA
and the Partnership
for Food Safety Education