



# 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](http://befoodsafe.gov)  
Questions? Click on [Ask Karen](#) or call 1-888-MPHotline.