

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.

