

FOOD SAFETY

The dos and don'ts of preventing foodborne illness

Washing is Important:

Wash your hands and food surfaces both before and after food preparation.

Avoid cross contamination —keep raw and cooked foods separate.

Wash food surfaces, cutting boards, knives, and hands when switching from raw to cooked or ready-to-eat food.

Be Thoughtful:

Take extra care when preparing foods for people that may be at greater risk for a foodborne illness.

That includes young children, the elderly, the immune-suppressed, and pregnant women.

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Keep Temperature in Mind:

- Don't let perishable food sit at room temperature for more than two hours. Keep that window to just one hour when it's really hot outside.
- Don't thaw foods at room temperature. The safest way to thaw things is in the refrigerator. The key is to keep the outside of the foods being defrosted below 40 degrees F.
- Don't reheat leftovers in a slow cooker. If you want to keep foods warm for a buffet or picnic, first heat them on the stove until they are 165 degrees F. After that, you can put them in the slow cooker.
- Use a thermometer to ensure that foods have reached the safe minimum internal temperature.

