



# Resolutions for Health

## Thermometer

Invest in a good tip-sensitive digital-read food thermometer and use it! Cooking food to the recommended minimum internal temperature is the only sure way to destroy bacteria that can cause foodborne illnesses such as salmonella and E. coli.



## Fridge and Freezer

Buy a couple of refrigerator and freezer thermometers and put them to use. Monitor these temperatures frequently. Your refrigerator should be below 40 degrees F and the freezer should be close to zero degrees F. These are also great tools to have in place when determining the safety of foods after a power outage.

## Cutting Boards

Get yourself several dishwasher-safe plastic cutting boards. Designating specific colors for different foods (such as yellow for raw chicken and green for fresh veggies) can help prevent cross-contamination.



## Handwashing

Wash your hands frequently and encourage your family to do it too! You probably don't need to be reminded to wash after using the restroom, but also think about washing before cooking, before eating (even in a restaurant), and after blowing your nose.