

# Food Safety for Families

## Clean

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**“You can’t SEE, SMELL, or TASTE them, but they’re there.....Lurking”**

Dear Parents,

You can’t see, smell, or taste the microscopic bacteria (germs) and viruses that can contaminate food and cause life-threatening illness. Bacteria (germs) thrive in kitchens and can be spread easily between hands, utensils, cutting boards, sinks, food, and countertops. Safe food handling always starts with being “CLEAN”.

### **Keep Clean!**

Wash your hands and kitchen surfaces with hot, soapy water to help prevent the spread of bacteria. Before preparing food, wash hands after these activities:

- Using the bathroom
- Changing diapers
- Sneezing
- Coughing
- Touching a cut or open sore
- Playing outside
- Playing with pets



### **Follow these 6 Simple Steps to Proper Hand Washing:**



### **Paper Towel or Cloth Towel?**

Cloth towels can be used instead of paper towels in your home. Assign each person their own towel for drying their hands. Change with clean, fresh towels often. Wash the dirty towels in the washer on the hot cycle with detergent.

### **What is 15 Seconds?**

**Sing Happy Birthday 2 times!**

## CLEAN



### FightBac!®

Bacteria (germs), viruses and parasites are everywhere in the environment! They are organisms that you cannot see, smell, or taste. In fact, they can contaminate food and cause life-threatening illness. Foodborne illness (food poisoning) can strike anyone, especially young children, pregnant women (it endangers their unborn babies too), older adults, and persons.

### Clean Surfaces

Wash any utensils, cutting boards, dishes, and countertops with hot soapy water after preparing one food item and before you start preparation of the next food item.



### Tips to Prevent the Spread of Bacteria

- **Wash cloth towels and dish cloths often in the hot cycle of your washing machine.** Or use single-use paper towels to clean kitchen surfaces.
- **Rinse all fruits and vegetables under cool water before eating.**
- **Wash melons, oranges, lemons and bananas before you peel them.** Running under running tap water removes bacteria.

- **Wash fruits and vegetables just before you use them, not before you store them.**



- **Refrigerate fresh produce within 2 hours of peeling or cutting.**
- **Sanitize utensils, dishes and food preparation surfaces.** Use 1 teaspoon of chlorine bleach in 1 gallon of warm water OR use Lysol® following the directions on the container.

**Keeping ourselves, surroundings, and food surfaces clean is very important to our health and our children's health.**

