



## Keep It Clean

Hand washing is the most important factor in preventing the spread of food borne illness. Some bacteria and viruses can live on surfaces like countertops, doorknobs, and utensils for up to two hours. There are about 76 million cases of food borne illnesses each year (Centers for Disease Control and Prevention).

### Wash your hands before...

- ✓ Preparing food
- ✓ Eating

### Wash your hands after...

- ✓ Using the restroom or changing diapers
- ✓ Sneezing, blowing your nose, touching a used tissue, or coughing
- ✓ Touching a cut or sore
- ✓ Working or playing outside
- ✓ Touching pets
- ✓ Touching raw meats, poultry, seafood, or eggs
- ✓ Handling garbage
- ✓ Answering the phone

### The 4 Key Steps of Hand Washing

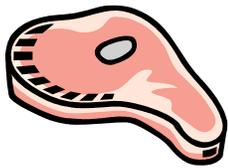
1. Wet hands with warm water.
2. Using soap, rub the front and back of hands, between fingers, and under finger nails for **20 seconds**.
3. Rinse well. Dry hands with a clean paper towel.
4. Turn off water with paper towel and throw it away.



### Keeping it clean in the kitchen...

- ✓ Use hot soapy water to wash hands and to clean dishes and countertops.
- ✓ Change sponges and dishcloths every day. Bacteria can grow on them if they are not changed every day.
- ✓ Wash dishcloths, hand towels, and sponges in the hot cycle of your washing machine.
- ✓ Clean up spills right away.
- ✓ Air dry dishes or have separate towels for drying dishes and drying hands.
- ✓ To sanitize countertops, cutting boards, and dishes, mix one teaspoon liquid chlorine bleach with 4 cups of water. Leave solution on countertops, etc. for 1 minute to sanitize.
- ✓ **Never use bleach or detergent to clean food. Bleach and other cleaners are not intended for people to eat.**

Know how. Know **now**.



# Keep it Separate



**Cross contamination** is the spread of bacteria from one food to another. It occurs when raw meat, poultry and seafood are handled improperly. Cross contamination can make you sick.

## How does cross contamination happen?

1. Cross contamination occurs when raw food comes in contact with cooked or ready to eat foods, such as vegetables, fruit, and cooked meat or chicken.
2. Cross contamination can happen when cooked or prepared foods come in contact with hands, utensils, or counter tops that were *not* sanitized after coming in contact with raw foods.

## Tips to Prevent Cross Contamination

- ✓ Separate raw meat, poultry and seafood from other foods in your shopping cart.  
*Hint: When shopping for fruits and vegetables, grab a few extra plastic bags to place raw meat in.*
- ✓ Store raw or thawing meats in sealed containers on a plate or cookie sheet in your refrigerator. Always place them on the bottom shelf so raw juices do not drip onto ready to eat foods.
- ✓ Use raw meat, poultry and seafood within 2 days of buying it at the store.
- ✓ Thaw frozen meat, poultry and seafood in your refrigerator. Use within 2 days of thawing.
- ✓ Use one knife and cutting board for fresh fruits and vegetables and a separate knife and cutting board for raw meat, poultry, and seafood.
- ✓ Wash hands and countertops often with hot soapy water as you prepare food.



## Grill it safely...

- Marinades (juice, sauce, vinegar, etc.) that are used to marinate raw meat, poultry, or seafood should not be used again or added to cooked foods. **Throw it away!**
- Never place cooked foods on the same plate that held the raw meat, poultry, or seafood before grilling or cooking. Get a clean plate for the cooked food!