

WHEN YOU SHOP & STORE FOOD

Buy cold food last, get it home fast.

Shopping:

- Place refrigerated or frozen food in the cart last.
- Buy food only from approved food sources.
- Refrigerate fish, meat, milk, poultry and seafood as soon as possible after leaving store.
- Wash hands with soap and water before and after handling food.

Storage:

- Store canned goods in a cool, dry, clean location.
- Keep food at least 6 inches off the floor and separate from cleaning supplies.
- Discard canned foods with bulging lids, cracks, dents or rust.

WHEN YOU PREPARE FOOD

Keep foods separate.

Don't cross contaminate.

- Persons who are ill SHOULD NOT prepare or serve food.
- Wash hands and fingernails thoroughly with soap and warm water for 20 seconds before, during and after food preparation.
- Clean and sanitize preparation area BEFORE preparing food.
- Keep hands, utensils and food preparation areas clean by sanitizing regularly during food preparation.
- When handling food, use clean utensils, clean gloves and clean hands.
- Wear clean clothes, apron and confine hair.
- After each use, wash utensils and cutting board in hot, soapy water. Sanitize and rinse well before using again.
- Thaw food in the refrigerator or in the microwave. If thawing in the microwave, cook immediately after thawing.
- Don't let juices from raw meat, poultry or seafood contact other food.
- Keep pets away from food preparation and serving areas.



WHEN YOU COOK FOOD

Cook it well.

- Use a thermometer to determine if foods have reached a safe internal temperature. (See chart on inside fold.)
- Always clean and sanitize thermometer before and after use.
- Never partially cook food to finish cooking later.
- If using a microwave to cook, follow the manufacturer's directions.



WHEN YOU TRANSPORT FOOD

Keep hot food hot and cold food cold.

- To keep food cold, use insulated food chests or cold food containers packed with ice. Cold holding temperature is 41°F or below.
- To keep food hot, place a wrapped dish in an insulated food chest. Pack chest with towels for more insulation.
- If possible, prepare food at serving site.



WHEN YOU SERVE FOOD

Never leave food out for more than 2 hours.

Keep serving area clean.

- Wash hands with soap and water.
- Use clean utensils.
- Avoid touching food with bare hands.
- If you have a cut on your hand, wash hands well and wear clean gloves.
- Never leave raw or cooked food at room temperature more than 2 hours.
- Cover serving dishes to protect food.
- Keep a limited amount of food at the serving table. Serving table must be above 135°F if served hot.
- Check the temperature of food once every hour to make sure the correct temperature is maintained.
- Wear clean clothes, apron and confine hair.

WHEN YOU HANDLE LEFTOVERS

Wash hands often, refrigerate quickly, reheat properly.

- Wash hands before and after handling leftovers.
- Refrigerate within two hours of cooking.
- Cool food in shallow containers (no more than two inches deep-in the refrigerator).
- Reheat leftovers to 165°F.
- Reheat leftovers only once. Toss leftovers not eaten after one re-heating.



**1 OUT OF 4
PEOPLE SUFFER FROM
FOODBORNE ILLNESS
EACH YEAR.**

**PROMOTE SAFE FOOD
PRACTICES TO REDUCE
ILLNESS!**