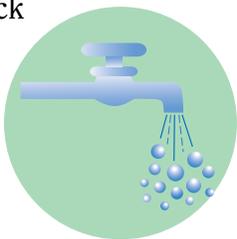


Fight BAC! Keep Family Food Safe

CLEAN: Wash hands, counters, and your table often and carefully.

Bacteria that make you sick are invisible. Yet they can spread everywhere in your kitchen, then to the food your family eats.

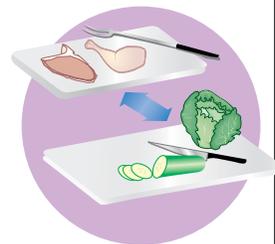
Involve your child with food safety at home:



- Make proper hand washing with hot, soapy water a family habit: *before and after* handling food, and *after* using the bathroom, changing diapers, and handling pets.
- Wash kitchen utensils and surfaces with hot, soapy water.
- Wash cutting boards and sponges in hot, soapy water, *each time* they are used.
- Clean with paper towels; toss them when you are done. Wash cloth towels often in the hot cycle of your washing machine. *Make cleaning fun with colorful towels.*
- Wash fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten (oranges, melons, tangerines).

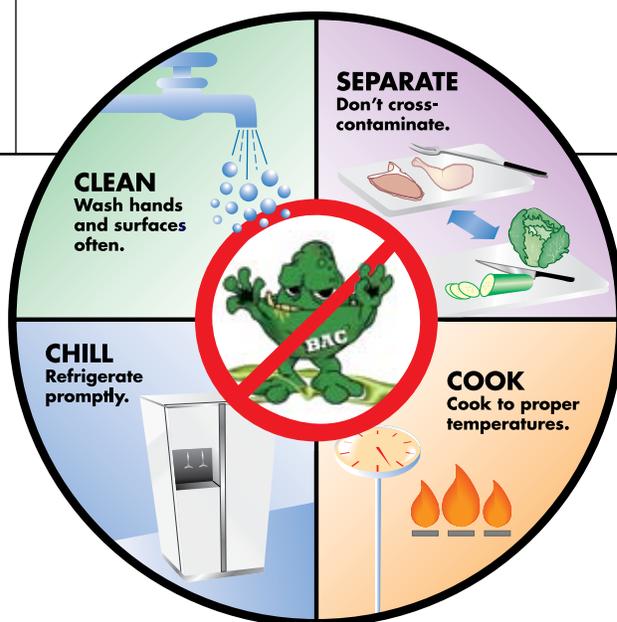
SEPARATE: Keep raw and cooked food separate.

Harmful bacteria can spread from one food to others. *Show your child how to separate raw meat, poultry, and fish from other foods.*



- Keep raw meat, poultry, and seafood wrapped in sealed containers or plastic bags, so the juices will not drip out. Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and in your refrigerator.
- Keep eggs in their separate carton to prevent breakage and leaking.
- Wash, with hot, soapy water anything (including your hands) that touches raw meat, poultry, fish, and eggs before using it with other food.
- Never put cooked food on the same plate or cutting board that held raw food – unless you wash it first.

Hang on the refrigerator as a family reminder. Check ✓ off what you already do!



Provided by _____

Fight BAC! Keep Family Food Safe

CHILL: Refrigerate food right away.

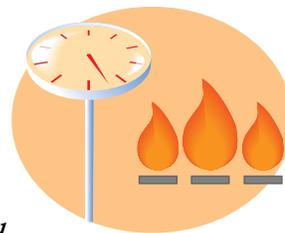
Cold temperatures keep bacteria from growing and multiplying. *Your child can help keep foods cold:*



- Make sure the refrigerator door closes. Together check the temperature: refrigerator – at 40 °F or below; freezer – at 0 °F or below.
- Thaw frozen food in the refrigerator or microwave oven, not on the counter.
- Chill foods that spoil. Freeze or refrigerate leftovers and other cooked foods within 2 hours of cooking.
- Put leftovers in small, shallow containers to cool faster.

COOK: Cook food to a safe, internal temperature.

To kill food-borne bacteria that can make you sick, cook food long enough and at a high enough temperature for that food. *Show your child how carefully you:*



- Use a clean meat thermometer to check:
 - Cooked hamburgers: at least 160 °F.
 - All chicken: a minimum internal temperature of 165 °F.
- Cook eggs until yolks and whites are firm.
- Cook fish until it is not shiny and it flakes easily with a fork.
- Reheat leftovers to at least 165 °F.
- Wash your thermometer with hot, soapy water. Wiping with a towel is not enough.
- Be sure your microwaved food has no cold spots. Cover food, stir, and rotate the dish (by hand or turntable) during cooking.