**Six Tips for Food Safety**

An important part of healthy eating is keeping food safe. Follow these six tips to keep your food safe and prevent harmful bacteria growth that could make you sick.

**Tip 1: Wash Your Hands**
Wash hands with warm, soapy water for 20 seconds (sing Happy Birthday twice).

**Tip 2: Cutting Board**
Use one cutting board for raw meats and a separate cutting board for ready-to-eat foods like salad items, fruits and veggies, and breads. Different colored cutting boards make it easy.

**Tip 3: Thermometer**
Use a thermometer to check if the food is cooked completely. The temperature should be 165° F.

**Tip 4: Chilled Foods**
Foods should not be left out of the refrigerator for more than 2 hours. Pack safe lunches in an insulated lunch bag with an ice pack.

**Tip 5: Defrosting**
Frozen foods should be defrosted in the refrigerator or microwave. DO NOT defrost on the counter top.

**Tip 6: Shopping**
When grocery shopping put raw meats and ready-to-eat in separate bags. Cleaning supplies should also be in a separate bag.