

# Food Safety

Follow these steps to keep germs away.  
Then you won't get sick and healthy you'll stay!

## Separate

Some foods need to be cooked before you can eat them, like raw meat and raw eggs. Keep these foods away from foods that are ready-to-eat, like fruits and vegetables.

Bacteria are hitchhikers.



## Clean

Be sure to wash your hands with warm soapy water for 20 seconds before you eat anything. Singing Happy Birthday twice is about 20 seconds.



## Cook

Some foods need to be heated to a high temperature before they are safe to eat. Be sure to use a food thermometer because you can't tell if a food is cooked safely by the way it looks.



## Chill

Some foods need to be placed in the freezer or refrigerator to keep them from going bad. For example, put milk back in the refrigerator when you are done with it.

