

# 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).



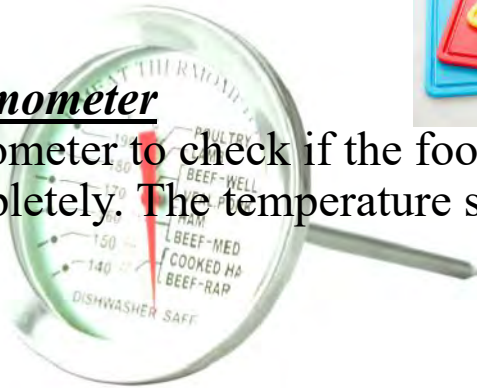
## Tip 2: Cutting Board

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.

