

# Follow These 4 Food Safety Tips to Keep You and Your Family Healthy



## CLEAN - Wash hands and surfaces often

- Wash your hands, cutting boards, dishes, utensils and counter tops with hot soapy water after preparing each food item
- Rinse fresh fruits and vegetables
- Clean the lids of canned goods before opening



## SEPARATE

- Separate raw meats from other foods
- Use one cutting board for fresh produce and a separate one for meat
- Never place cooked food on a plate that previously held raw meat



## COOK

- Cook all food to the right temperature by using a food thermometer
- Remember, a food's color, smell or texture, don't necessarily mean they are safe to eat
- When cooking in a microwave oven, cover food, stir and rotate for even cooking



## CHILL

- Refrigerate foods promptly
- Use an appliance thermometer to be sure the temperature is consistently 40° F or below and the freezer temperature is 0° F or below
- Refrigerate or freeze meat, poultry, eggs, seafood and other perishables within 2 hours of cooking or purchasing
- Never thaw food at room temperature

For more information on preparing food safely, visit [bit.ly/DCFoodSafety](https://bit.ly/DCFoodSafety)