Four Steps to Keep Food Safe

1. **Clean**

   - Wash hands and surfaces often
     - Wash your hands for at least 20 seconds
     - Wash your hands before you touch food and after you go to the bathroom
     - Wash kitchen counters and tables before and after you put food on them
     - Keep purses, newspapers, bookbags and toys off counters where you put your food

2. **Separate**

   - Don’t cross-contaminate
     - Keep raw foods like meats away from ready-to-eat foods
     - Use one cutting board for raw meats and a separate one for ready-to-eat foods
     - Place cooked foods on clean plates – not on plates with raw juices
     - Don’t let raw meat juices drip onto other foods

3. **Cook**

   - Cook to proper temperatures
     - Use a food thermometer to check when foods are safely cooked
     - Cover, stir, turn the dish and follow rules for standing time when cooking in a microwave oven

4. **Chill**

   - Refrigerate promptly
     - Use thermometers in your refrigerator and freezer
     - Keep refrigerators at 40°F or colder and freezers at 0°F or colder
     - Put foods back in the refrigerator as soon as you use them
     - Keep cold foods cold on the go in lunch boxes or coolers with ice or a freezer gel pack

Foodborne Illness:
- can happen when bad bacteria, viruses or parasites get into your food
- can make you throw up, go to the bathroom a lot and have a fever
- makes some people very, very sick
- can be prevented if you follow these four simple steps

For more food safety information, contact your local county Extension Family and Consumer Sciences agent.

Be Food Safe is a joint food safety education campaign of the USDA and the Partnership for Food Safety Education.