

# Food Safety Tip Sheet

## Buying and storing food:

- ✓ Separate raw meat and seafood from other foods in your grocery cart and in your refrigerator.
- ✓ Food that needs to be refrigerated should be taken directly home from the grocery store.

## Before you start cooking:

- ✓ Wash your hands with hot, soapy water.
- ✓ Wash fresh fruits and vegetables under running water to remove all visible dirt.
- ✓ Thaw frozen meat in the refrigerator or by using your microwave; do not thaw frozen meat by leaving it out on the counter.
- ✓ Never eat or use canned food if the can is bulging or looks like it has a leak in it.

## While you are cooking:

- ✓ Wash your hands with hot, soapy water after preparing each food item (especially if you have touched raw meat).
- ✓ Wash cutting boards, utensils, and counter tops after preparing each food item and before going on to the next (especially if they have touched raw meat).
- ✓ Never place cooked food on a plate where raw meat was sitting.
- ✓ Cook meat and eggs thoroughly (cook meat until it is no longer pink).

## When you are done cooking:

- ✓ Put food that needs to be refrigerated back in the refrigerator quickly.
- ✓ If you have food that you want to save for later, do not leave it out for more than two hours; put it in the refrigerator or freezer.
- ✓ If you think that food may be spoiled, throw it away; do not test the food by tasting it.