

Keep Your Food Safe

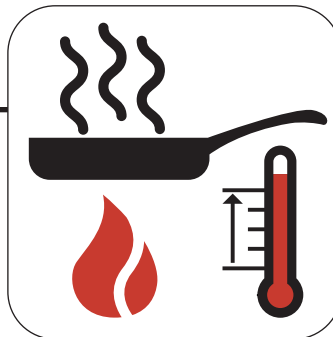
www.ndsu.edu/globalfood



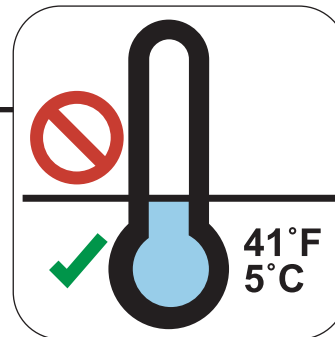
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NDSU
Extension Service
North Dakota State University

Source: Partnership for Food Safety Education.

www.fightbac.org

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Clean



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Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets.

Activity:

Have participants lightly rub oil and cinnamon into their hands. Have them try washing their hands without soap. Now have them wash with warm water and soap for 20 seconds.

Source: www.fightbac.org/content/view/170/94/



Clean



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- Rinse fresh fruits and vegetables, including those with skins and rinds that won't be eaten, under running tap water.
- Rub firm-skinned fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.

Source: www.fightbac.org/content/view/170/2/



Clean



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Wash your cutting boards, dishes, utensils and countertops with hot, soapy water after preparing each food item and before you go on to the next food.

Source: www.fightbac.org/content/view/170/94/



Separate

Separate raw meat, poultry, seafood and eggs from other foods in your grocery cart, grocery bags and refrigerator.

Source: www.fightbac.org/content/view/171/2/



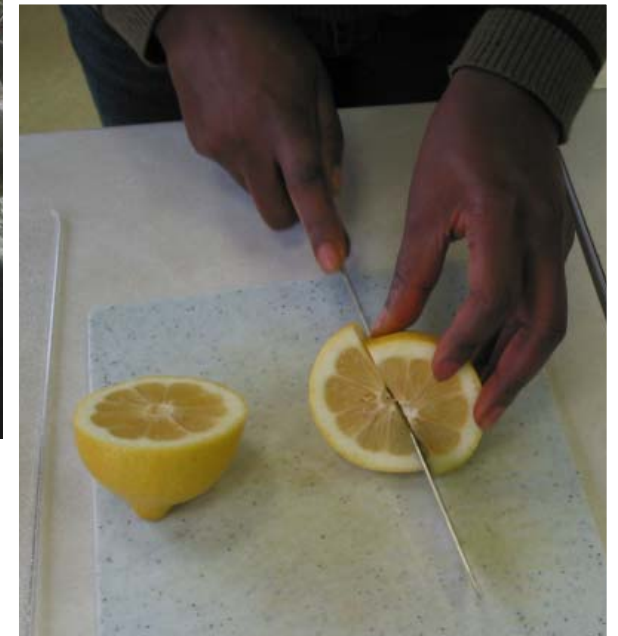


Separate

Always wash cutting boards and knives after using them for raw meat, poultry and seafood.

Source: www.fightbac.org/content/view/171/95/





Separate

Always wash cutting boards and knives after using them for raw meat, poultry and seafood. If possible, use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.



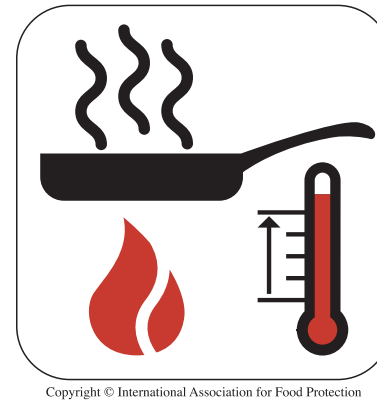
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Cook

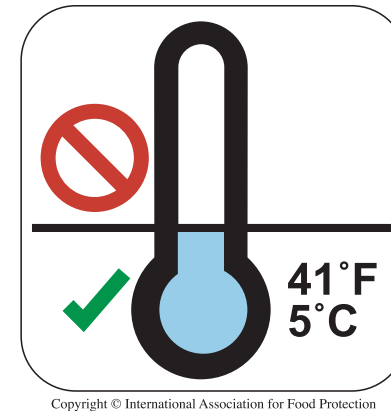
Use a food thermometer to measure the internal temperature of cooked foods.

Source: www.fightbac.org





Source: www.fightbac.org/content/view/171/95/



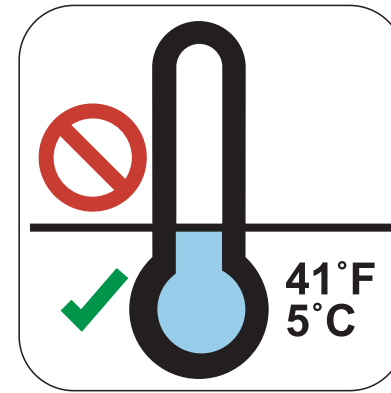
Chill

Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.

Source: www.fightbac.org/content/view/169/2/



Chill



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- Keep refrigerators at a temperature below 40 degrees Fahrenheit.
- Refrigerate or freeze meat, poultry and other easily spoiled foods as soon as you get them home from the store.

Source: www.fightbac.org/content/view/169/97/

