Follow These Four Easy Steps to Be Food Safe

Clean.
Bacteria can spread throughout the kitchen and get on hands, cutting boards, knives, and countertops. Frequent cleaning can keep that from happening.

WASH hands with soap and warm water for 20 seconds before and after handling food.

RUN cutting boards and utensils through the dishwasher or wash them in hot soapy water after each use.

KEEP countertops clean by washing with hot soapy water after preparing food.

Separate.
Cross-contamination is how bacteria spreads. Keep raw meat, poultry, and seafood and their juices away from ready-to-eat food.

USE one cutting board for raw meat, poultry, and seafood and another for salads and ready-to-eat food.

KEEP raw meat, poultry, and seafood and their juices apart from other food items in your grocery cart.

STORE raw meat, poultry, and seafood in a container or on a plate so juices can't drip on other foods.

Cook.
Even for experienced cooks, the improper heating and preparation of food means bacteria can survive.

USE a food thermometer— you can't tell food is cooked safely by how it looks.

STIR, rotate the dish, and cover food when microwaving to prevent cold spots where bacteria can survive.

BRING sauces, soups, and gravies to a rolling boil when reheating.

Chill.
Bacteria spreads fastest at temperatures between 40 °F - 140 °F, so chilling food properly is one of the most effective ways to reduce the risk of foodborne illness.

COOL the fridge to 40 °F or below, and use an appliance thermometer to check the temperature.

CHILL leftovers and takeout foods within 2 hours, and divide food into shallow containers for rapid cooling.

THAW meat, poultry, and seafood in the fridge, not on the counter, and don't overstuff the fridge.