

Keep Your Food Safe from Bacteria

When in Doubt, Throw it Out!

CLEAN

- Wash your hands.
- Wash kitchen counters and cooking tools with hot soapy water.

SEPARATE

- Keep raw meats away from other foods.
- Use separate cutting boards for raw meats and other foods.

COOK

- Use a food thermometer.
- Check for signs that meat and poultry are cooked all the way through on the inside.

CHILL

- Refrigerate raw meat, poultry, and fish right away.
- Defrost and marinate raw meat, poultry, and fish in the refrigerator.

