

- Don't cross-contaminate
 - use a different cutting board for raw products
 - separate raw meat from other foods in grocery cart
- Choose canned goods that aren't dented or bulging
- Check your refrigerator temperature often—is it below 40°F?
- Never taste leftover food that looks or smells strange—when in doubt, throw it out
- Don't eat raw or partially cooked eggs—not even cake batter or cookie dough!
- Use a different spoon for stirring and tasting



12 Steps to Keeping Foods Safe

- Wash hands often during preparing and cooking food
- Clean kitchen counters and other surfaces that come in contact with food with hot water and detergent or a bleach solution
- Use a clean meat thermometer to make sure meat, poultry and casseroles are cooked all the way through
- Thaw frozen foods in the refrigerator
- Do not leave perishable foods at room temperature for more than 2 hours
- Keep hot foods hot—above 140°F...Keep cold foods cold—below 40°F

