WORLD FOOD SAFETY DAY
June 7, 2019

Take action to reduce the risk of foodborne illness at home.

CLEAN
Wash your hands with warm water and soap for 20 seconds. Wash your cutting boards, utensils and counter tops with hot, soapy water.

SEPARATE
Use one cutting board for fresh produce and a different one for meat and poultry. This will help you avoid spreading bacteria from one food product to another.

COOK
Cook food until it reaches a safe internal temperature to kill the harmful bacteria. Use a food thermometer to measure the internal temperature of cooked foods.

CHILL
Keep refrigerator temperature at a constant 40 °F or below. This is one of the most effective ways to reduce the risk of foodborne illness.

Test your food safety knowledge! Take the quiz at www.facebook.com/FightBAC.