

WORLD FOOD SAFETY DAY

June 7, 2019



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

A vertical strip on the left side of the page shows four silver forks stacked vertically. From top to bottom, they hold a slice of kiwi, a square of Swiss cheese, a strawberry, and a shrimp. The background is dark blue.

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.