

Be Food Safe, Georgia!

FOUR STEPS TO KEEP FOOD SAFE

Foodborne Illness:

- 🐾 can happen when bad bacteria, viruses or parasites get into your food
- 🐾 can make you throw up, go to the bathroom a lot and have a fever
- 🐾 makes some people very, very sick
- 🐾 can be prevented if you follow these four simple steps



1 clean

Wash hands and surfaces often

- * Wash your hands for at least 20 seconds
- * Wash your hands before you touch food and after you go to the bathroom
- * Wash kitchen counters and tables before and after you put food on them
- * Keep purses, newspapers, bookbags and toys off counters where you put your food



3 cook

Cook to proper temperatures

- * Use a food thermometer to check when foods are safely cooked
- * Cover, stir, turn the dish and follow rules for standing time when cooking in a microwave oven



2 separate

Don't cross-contaminate

- ☆ Keep raw foods like meats away from ready-to-eat foods
- ☆ Use one cutting board for raw meats and a separate one for ready-to-eat foods
- ☆ Place cooked foods on clean plates – not on plates with raw juices
- ☆ Don't let raw meat juices drip onto other foods



4 chill

Refrigerate promptly

- * Use thermometers in your refrigerator and freezer
- * Keep refrigerators at 40°F or colder and freezers at 0°F or colder
- * Put foods back in the refrigerator as soon as you use them
- * Keep cold foods cold on the go in lunch boxes or coolers with ice or a freezer gel pack

