Food handling safety risks at home are more common than most people think. The four easy lessons of

CLEAN, SEPARATE, COOK, and **CHILL**

can help prevent harmful bacteria from making your family sick.

To find out more about food safety, visit **befoodsafe.org.**

Cape May County
Department of Health
6 Moore Road
Cape May Court House, NJ 08210
Tel: 609-465-1190
cmchealth.net

To receive public health news and information on local events, "like" us on Facebook.

For more information on food safety, visit

befoodsafe.org

Cape May County Department of Health

be food safe.

clean. separate. cook. chill.
www.befoodsafe.org

4 Easy Lessons in Safe Food Handling.

Harmful bacteria can make people sick.

Did you know that in the US each year...

...76 million cases of foodborne illness occur.

...more than 325,000 people are hospitalized for foodborne illness.

...5,000 people will die from foodborne illness.

be food safe™
from USDA
and the Partnership
for Food Safety Education

Prepare safely, eat healthy, BE HEALTHY!

Follow These Four Easy Steps to Help Your Family Be Food Safe.

Clean.
Bacteria can spread throughout the kitchen and get on hands, cutting boards, knives, and countertops. Frequent cleaning can keep that from happening.

WASH your hands with warm water and soap for 20 seconds before and after handling food.

RUN cutting boards and utensils through the dishwasher or wash them in hot soapy water after each use.
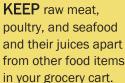
KEEP countertops clean by washing with hot soapy water after preparing food.

Separate.
Cross-contamination is how bacteria spreads. Keep raw meat, poultry, and seafood and their juices away from ready-to-eat foods.

USE one cutting board for raw meat, poultry, and seafood and another for salads and ready-to-eat foods.

KEEP raw meat, poultry, and seafood and their juices apart from other food items in your grocery cart.
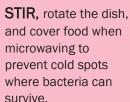
STORE raw meat, poultry, and seafood in a container or on a plate so juices can't drip on other foods.

Cook.
Even for experienced cooks, the improper heating and preparation of food means bacteria can survive.

USE a food thermometer — you can't tell food is cooked safely by how it looks. Ensure safety by heating to 165˚F.

STIR, rotate the dish, and cover food when microwaving to prevent cold spots where bacteria can survive.

BRING sauces, soups, and gravies to a rolling boil (or 165˚F) when reheating.

Chill.
Bacteria spreads fastest at temperatures between 40˚F—135˚F, so chilling food properly is an effective way to reduce the risk of foodborne illness.

COOL the fridge to 40˚F or below, and use an appliance thermometer to check the temperature.

CHILL leftovers and takeout foods within 2 hours, and divide food into shallow containers for rapid cooling.

THAW meat, poultry, and seafood in the fridge, not on the counter, and don't overstuff the fridge.