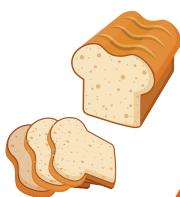
## FOOD SAFETY

Safety first! While you can't control the food supply, here's one thing you can control: your kitchen. Help to ensure your family eats safe, nourishing food and protect yourself from food-borne illness with these steps:





Keep your hands,
surfaces, and utensils
spic and span. Wipe up spills
with hot, soapy water and rinse
well. Use paper towels or bleach
wipes, rather than sponges, to clean
up raw meat and poultry juices. Make it a
daily habit to toss sponges into the
dishwasher before you run it. Keep
cross-contamination in mind: Don't
prep veggies and fruit on the
same surfaces where you've
prepared raw meat, fish,
or chicken.

Wash your food selectively.

Blast fruits and vegetables with cool water just before eating. For heads of lettuce, discard the outer leaves. Contrary to conventional wisdom, meat and poultry should not be washed prior to cooking, according to the USDA, since rinsing these foods is likely to contaminate counters and other surfaces in your kitchen.

Keep cold food cold,
and hot food hot.

Refrigerate perishable food
within 2 hours of purchase, and
1 hour on hot summer days. Use a
food thermometer to be sure meat
and poultry reach these minimum
internal temperatures when cooking: 145
degrees Fahrenheit for meat, 160 for
ground meat, and 165 F for poultry.
Maintain hot cooked food at 140
degrees F or above, and, when
reheating, heat food to at
least 165 degrees F.







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