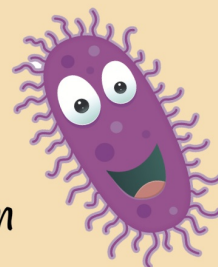


FIGHT BAC! TO STAY HEALTHY

As you enjoy your foods, follow these safe food handling tips to help protect you and your family from foodborne illness.



Check



- Check fruits and vegetables for mold, damage, cuts, and bruises
- Check for expiration dates
- Make sure pre-cut fruit and salads are refrigerated
- Check cans for dents and holes, and make sure the can is not swollen

Clean

- Wash hands with warm soapy water for at least 20 seconds before and after handling meat, fruits, and vegetables



- Clean all surfaces, cutting boards, and knives with hot soapy water before and after using them



Rinse



- Just before you use them, rinse fruits and vegetables

- Do not use soap or bleach to wash fresh fruits or vegetables



Separate

- Keep raw meat, seafood, poultry, eggs, and household chemicals separate from fresh foods at all times

- Do not use the same cutting board or utensils without cleaning with hot soapy water



Chill



- Keep your refrigerator at or below 40 °F

- Refrigerate all cut, peeled, or cooked fresh fruits and vegetables within two hours of preparing



Throw Away

- Throw away any fresh food that have touched raw meat, poultry, seafood, or uncooked eggs

- Throw away any foods that are past their expiration date

