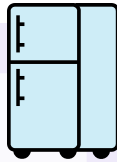


Safe Food Handling

Buying

Buy cold foods last.
Freeze or refrigerate food as soon as possible.



Check for freshness by looking at "pull," "packing," and "use by" dates.

Use by:
9 Feb 2010

DO NOT buy or eat these foods:

- Bulging, swollen, dented, or rusted cans
- Cracked or leaky jars
- Torn or defective wrapping



Washing



Wash utensils in hot soapy water.

Wash hands before preparing food and after handling raw meats and poultry.



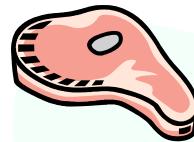
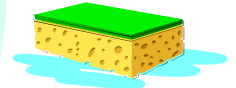
Empty garbage often and wipe up spills right away.

Wash hands after using the bathroom, diapering baby, and handling animals.



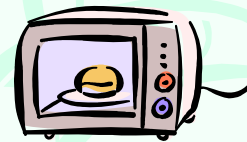
Preparing

Wash lids of canned foods before opening.



Keep raw meat, poultry, and fish juices away from other foods (like vegetables or cooked foods).

Thaw foods in refrigerator or follow microwave instructions. Don't reuse marinades or pour over cooked foods.



Sneeze and cough away from food. Wear gloves to cover hand sores. Don't smoke while cooking.



Leftovers

Place leftovers in the refrigerator right away.

Use shallow containers for quick cooling.

When in doubt, throw it out.

