



National Food Safety Education Month

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This September marks the tenth annual National Food Safety Education MonthSM, one of the activities supported by the National Food Safety Program. This year's theme, **“Be aware when you prepare,”** focuses on the important procedures necessary for preparing food safely.

- Thaw food safely – Use the refrigerator or cold running water for thawing.
- Prevent cross-contamination – Wash hands before working with food, keep raw and ready to eat foods separate, and clean/sanitize equipment and work surfaces after each use.
- Control time and temperature – Keep food out of the danger zone (40° F to 140° F), prepare food in small batches, refrigerate food if interrupted during preparation, and refrigerate or cook food as soon as you are done with preparation.
- Always cook food to required minimum internal temperature – Use a thermometer to check for proper internal cooking temperatures.
- Cool food rapidly – Divide food into smaller portions to cool quickly, put food in an ice bath or stir with an ice paddle.

Restaurants and foodservice operations, hospitality associations, colleges and universities, federal, state, and local government agencies, and consumer organizations across the country will participate in a variety of ways to promote these messages to their members, customers, and the general public as part of National Food Safety Education Month.

For more information on food safety topics:

Beware when you Prepare poster: http://www.nraef.org/nfsem/downloads/NSFEM_poster_11x17.pdf
Keep It Safe & Successful (K.I.S.S.): <http://www.ctahr.hawaii.edu/NEW/KISS/>
Consumer Food Safety site: <http://www.ctahr.hawaii.edu/foodsafety-ces/>
Hawaii Food Safety Website: <http://www.health.state.hi.us/doh-work/doh/foodsafety/index.html>

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