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.

**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.

**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.

**Leftovers**

- Place leftovers in the refrigerator right away.
- Use shallow containers for quick cooling.
- When in doubt, throw it out.

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