University of Hawaii Cooperative Extension Service

Expanded Food and Nutrition Education Program

Operative Extension Service
Washing
Wash hands for at least 20 seconds.

Leftovers
When in doubt, throw it out.
Buying
Check for freshness by looking at the “use by” date.
Power Outage
Keep door closed.

Pests, Germs, and Bacteria
Safe Food Handling

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Pests, Germs, and Bacteria

Power Outage
Keep door closed.

Preparing
Keep raw meat, poultry, and fish juices away from other ready-to-eat foods (like vegetables or cooked foods).

Storing
Place raw meat, poultry, or fish in a pan on the lowest shelf in the refrigerator to avoid blood from dripping onto other foods.

Danger Zone!

165˚F
140˚F
212˚F

Use By: Dec 31, 2020

Cutting Board 1 - Cut on the edge of the brown background.

Cutting Board 2 - Cut around the edge of the brown background.

Overlap with Cutting Board 1 on top. Place the bottom edge of Cutting Board 1 on the dotted line.

Shelf 2 - Cut along the dotted line and the outside edge of the brown border.

Overlap shelf 1 on shelf 2 with shelf 1 on top.

Align and attach using tape or glue.

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<table>
<thead>
<tr>
<th>Temperature</th>
<th>Fahrenheit</th>
</tr>
</thead>
<tbody>
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<td>0˚</td>
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</tr>
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