It is important to keep foods safe to eat. Food should be nourishing for our bodies and not make us sick. It is important for food to be handled carefully from the time food is bought and prepared till it is eaten and stored.

The “Be Safe” handout offers tips on how to practice safe food handling techniques. The following are key tips to proper safe food handling:

1) Buy cold food last, get it home fast
2) Keep food safe – refrigerate
3) Keep everything clean
4) Thaw frozen foods in the refrigerator
5) Cook foods thoroughly
6) Keep hot foods hot, cold foods cold
7) Don’t wait – refrigerate leftovers quickly

It is also important to wash hands before handling food. This includes preparing, cooking, eating, and storing food. Hands should be washed for at least 20 seconds with warm soapy water (ABC song once or Happy Birthday song twice). Be sure to wash thoroughly – between fingers, underneath finger nails, etc.

Proper safe food handling methods may prevent food related illnesses. Please refer to the “Be Safe” handout for more tips on food safety.