

be food safe.



clean. separate.
cook. chill.

www.befoodsafe.org

Food Safety

Clean

Bacteria can spread throughout the kitchen and get on hands, cutting boards, knives and countertops. Frequent cleaning can keep that from happening.

Separate

Cross-contamination is how bacteria spreads. Keep raw meat, poultry, and seafood away from ready-to-eat foods.

Cook

The improper heating and preparation of food means bacteria can survive.

Chill

Bacteria spreads fastest between 40°F and 140°F, so chilling food properly is one of the most effective ways to reduce the risk of foodborne illnesses.