Clean. Frequent cleaning can keep bacteria from spreading throughout the kitchen via hands, cutting boards, knives, and countertops.
- Wash hands with warm water and soap for 20 seconds before and after handling food.
- Wash cutting boards, dishes, utensils and countertops with hot soapy water after preparing each food item and going on to the next food.
- Use paper towels to clean kitchen surfaces.
- Rinse fresh produce under running tap water, including those with skins and rinds that are not eaten.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.

Separate. Cross-contamination is how bacteria spreads. Keep raw meat, poultry, and seafood and their juices away from ready-to-eat foods.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Separate raw meat, poultry, seafood and eggs from other foods in your shopping cart, grocery bags and in your refrigerator.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.

Cook. Improper heating and preparation of food means bacteria can survive.
- Use a food thermometer to measure the internal temperature of cooked foods.
- Cook ground meat to an internal temperature of 160°F, ground poultry to 165°F. Color is not a reliable indicator of doneness.
- Cook eggs until the yolk and white are firm. Only eat eggs that are cooked or heated thoroughly.
- Bring sauces, soups and gravy to a boil when reheating.

For more information go to www.fightbac.org

Chill. Bacteria spreads fastest at temperatures between 40°F and 140°F, so chilling food properly is one of the most effective ways to reduce the risk of foodborne illness.
- Chill leftovers and takeout within 2 hours. Keep the fridge at 40°F or below and use an appliance thermometer to check.
- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never defrost food at room temperature. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.