



# Nutrition Education

## Food Safety Tips

When cooking and handling food there are many steps we can take to prevent food borne illnesses. Here are a few basic steps for safe cooking and for general food safety:



### Did You Know?

Generally, leftovers can be kept in the refrigerator for 3 to 4 days or frozen for 3 to 4 months.

Don't taste food that looks or smells questionable. A good rule to follow is, when in doubt, throw it out.

### **CLEAN: The first rule of food preparation!**

Wash your hands and surfaces often.

Clean and sanitize food equipment and surfaces that will be in contact with food after each use.

Always wash fruits and vegetables thoroughly before eating or cooking.

### **SEPARATE: Don't give bacteria a chance to spread!**

Separate foods to avoid cross contamination.

When storing or preparing foods, separate raw meats and seafood from ready to eat foods.

In addition, each type of food should have separate equipment. For example, one set of cutting boards and utensils for foods that will be cooked and another set for those that will not, such as raw produce.

### **COOK: Kill harmful bacteria!**

Use a food thermometer to ensure foods meet proper internal temperatures and are cooked thoroughly.

### **CHILL: Refrigerate food quickly!**

Food should be held and stored at correct temperatures.

Always refrigerate perishable food promptly, within 2 hours (or 1 hour when the temperature is above 90°F).

The refrigerator temperature should be 40°F or below and the freezer at 0°F or below.

Information obtained from:  
ServSafe Manager Book &  
USDA.gov & FDA.gov

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