

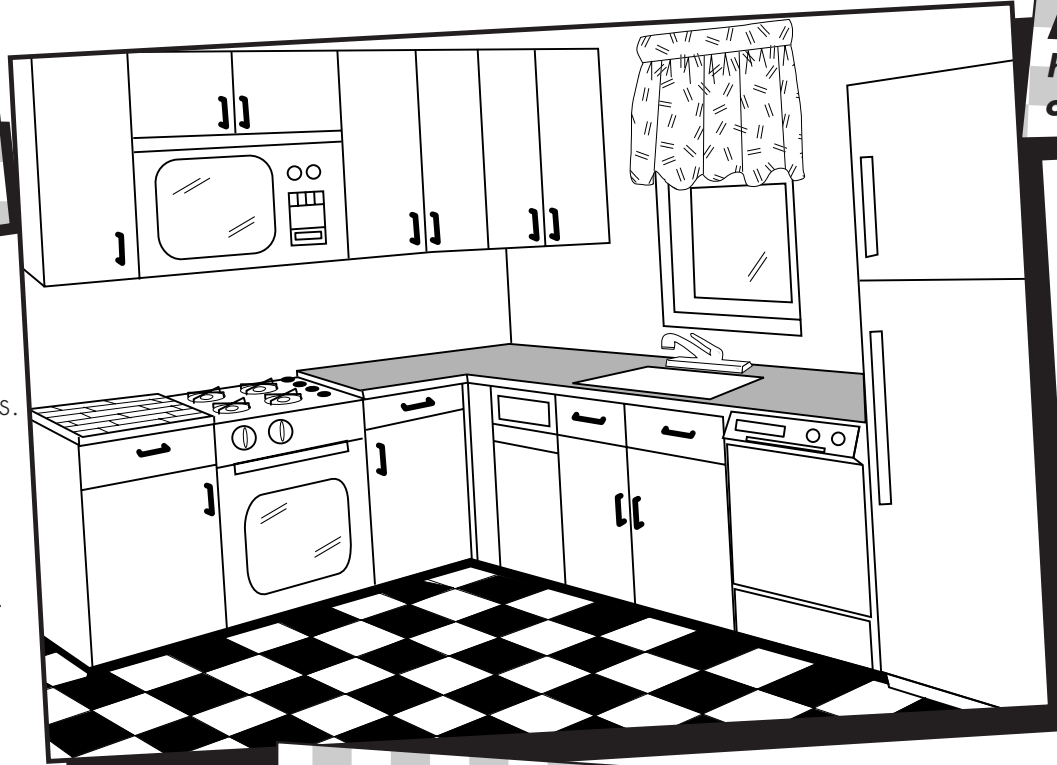
# FOOD SAFETY

## CLEANING TIPS

### BEFORE...

*preparing, serving or eating food*

- **WASH** your hands with SOAP and WARM water, SCRUBBING for 15-20 seconds.
- **WASH** fresh vegetables and fruits thoroughly
- **CLEAN** and **DISINFECT** cutting boards and counter tops.




### AFTER...

*handling raw meat, fish or poultry*

- **USE PAPER TOWELS** to wipe up raw meat, fish or poultry juices. Discard the paper towels, then **CLEAN** and **DISINFECT** any soiled surfaces, such as cutting boards and countertops.
- **WASH** your hands with SOAP and WARM water, SCRUBBING for 15-20 seconds.
- **DISINFECT** dish cloths and sponges used to wipe up raw meat, fish or poultry.
- **THOROUGHLY WASH** forks, knives, plates, platters, containers.

### FREQUENTLY...

- **LAUNDER** dish cloths and sponges.
- **CLEAN** and **DISINFECT** sinks and often-touched kitchen surfaces, like the handles on refrigerators, dishwashers, ovens, microwaves, faucets, drawers and cupboards.
- **CLEAN** the insides of refrigerators and microwave ovens.



**HELPFULL HINT**

To disinfect, use liquid household bleach or a disinfectant (antibacterial) kitchen cleaner. Read and follow label directions.

Note: Only products that display an EPA registration number on the label are approved disinfectants or sanitizers.



**HELPFULL HINT**

An antibacterial hand soap may provide extra protection against germs.