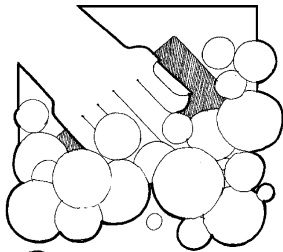
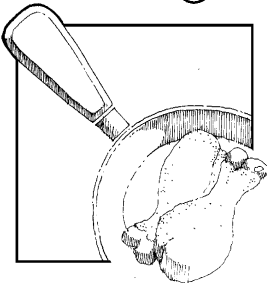


**Keep  
Food  
Safe**

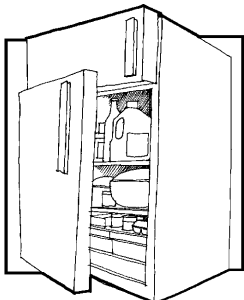
**We wish  
you well!**



**Keep it clean!**



**Cook it well!**



**Cool it soon!**

Nausea and diarrhea are no fun. Pregnant women, babies, young children, older people, and AIDS and cancer victims are more likely to get foodborne illness. You can prevent it!...

### **Keep it Clean!**

Bacteria can live in the intestines of animals (including humans!). Cooking kills these bacteria. But, it's important to keep them from spreading to foods that won't be cooked (or reheated).

- ◆ Wash your hands with soap and water before handling food – especially after using the toilet or changing diapers.
- ◆ Wash counters, cutting boards, and utensils after handling raw meat, poultry, seafood, and eggs. Wipe with diluted bleach (1 teaspoon of chlorine in a quart of water).
- ◆ Put pans under raw meat, poultry and seafood in the refrigerator to keep them from dripping on to other foods.

### **Cook it Well!**

Thorough cooking kills bacteria. These are signs that your food is “well done”:

- ◆ Ground meat is no longer pink. (A meat thermometer should register 160 ° F.)
- ◆ Poultry meat and its juice are no longer pink
- ◆ White fish looks milky and flakes easily with a fork.
- ◆ Clams look milky-white.
- ◆ Egg whites are white and firm.

To be safe, buy milk that is pasteurized (heated) rather than raw milk.

### **Cool it Soon!**

Bacteria grow fast when food is lukewarm. Don't keep cooked foods (like meat, casseroles, vegetables, pasta and potato salads) at room temperature longer than 2 to 3 hours.

- ◆ Keep hot foods HOT
- ◆ Keep cold foods COLD

Cool soups and stews quickly by refrigerating them in shallow pans.