

Avoid Foodborne Illness

Fight BAC![®]



Keeping food safe

Clean

- Wash hands in hot soapy water for 20 seconds.
- Wash surfaces and utensils in hot soapy water.



Cook

- Use a food thermometer when cooking meat.



Separate

- Separate raw meat from other food in the refrigerator.
- Put cooked food on a clean plate.
- Store raw meat, covered, in the refrigerator.



Chill

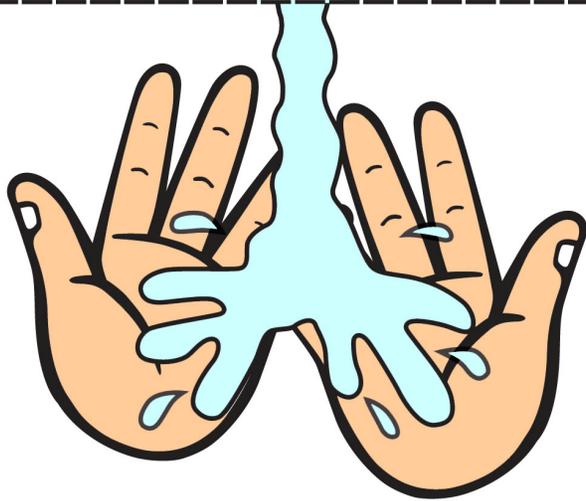
- Use a thermometer to be sure refrigerator is 40°F or below.
- Refrigerate or freeze prepared food within 2 hours.
- Never thaw at room temperature. Thaw food in the refrigerator, or microwave just before cooking.



This material is funded by USDA's Supplemental Nutrition Assistance Program and Iowa State University Extension. The Supplemental Nutrition Assistance Program, known in Iowa as Food Assistance, helps people with low income buy nutritious food for a better diet. To find out more, contact your local Department of Human Services office or go to www.dhs.state.ia.us.

2/09

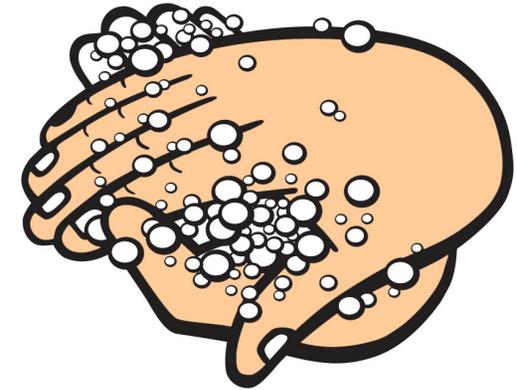
Wash Your Hands! ¡Lávese Las Manos!



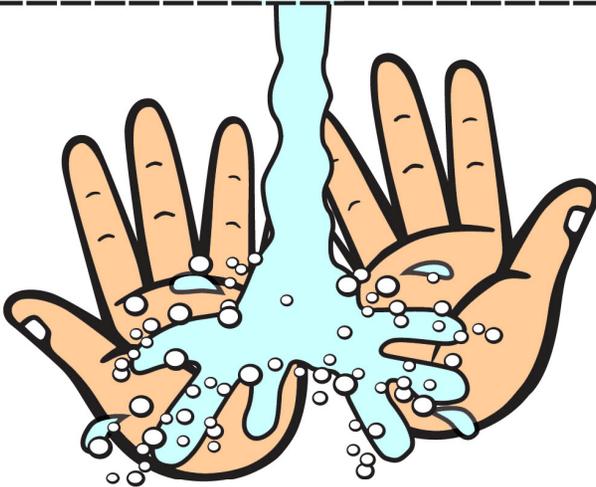
1. Wet Hands
Mójese las manos



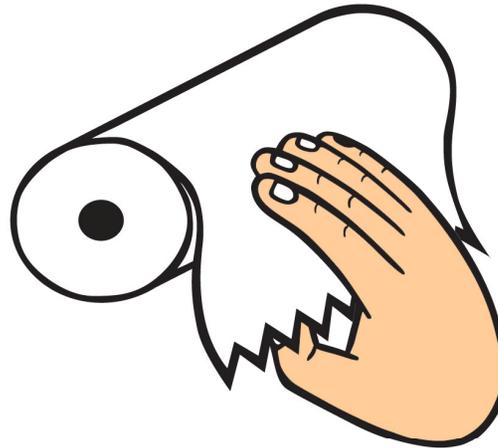
2. Soap
Enjabónese



3. Wash for 20 seconds
Friéguese las manos por 20 segundos



4. Rinse
Enjuáguese



5. Dry
Séquese las manos



**6. Turn Off Water
with Paper Towel**
Cierre el grifo usando una toalla de papel