



Food Safety Rules

USDA uses four simple words to help you remember food safety rules. Let's go over each one.

The first one is "cook." Cook food to a safe internal temperature to destroy any harmful bacteria. That means you need to buy an instant-read food thermometer and use it! These are inexpensive and available at grocery and discount stores.

The second rule is "separate." Separate cooked and uncooked foods, as well as foods eaten raw and those cooked before eating. Cross-contamination happens when raw meats or eggs come in contact with foods that will be eaten uncooked.

The third rule is "clean." Cleaning is a crucial part of food safety. Wash your hands and work surfaces frequently when you are cooking—especially if you have touched raw meat and eggs. Remember to wash your hands for at least 20 seconds after you have blown your nose, been to the bathroom, touched a pet or changed a diaper.

The fourth food safety rule is "chill." Chilling food quickly and thoroughly is very important. The danger



Food Safety Rules

USDA uses four simple words to help you remember food safety rules. Let's go over each one.

The first one is "cook." Cook food to a safe internal temperature to destroy any harmful bacteria. That means you need to buy an instant-read food thermometer and use it! These are inexpensive and available at grocery and discount stores.

The second rule is "separate." Separate cooked and uncooked foods, as well as foods eaten raw and those cooked before eating. Cross-contamination happens when raw meats or eggs come in contact with foods that will be eaten uncooked.

The third rule is "clean." Cleaning is a crucial part of food safety. Wash your hands and work surfaces frequently when you are cooking—especially if you have touched raw meat and eggs. Remember to wash your hands for at least 20 seconds after you have blown your nose, been to the bathroom, touched a pet or changed a diaper.

The fourth food safety rule is "chill." Chilling food quickly and thoroughly is very important. The danger

zone where bacteria multiply is between 40 and 140 degrees. Serve hot food hot and cold food cold—that's the rule.

If you remember these words—cook, separate, clean and chill—safe food handling will become second nature to you.

zone where bacteria multiply is between 40 and 140 degrees. Serve hot food hot and cold food cold—that's the rule.

If you remember these words—cook, separate, clean and chill—safe food handling will become second nature to you.

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.