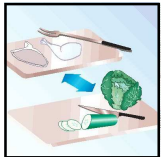


Recipe For Safe Food



1: Wash hands and surfaces first—You can't see them, but the germs that cause food borne illness can travel through your chain. Wash hands after using bathroom and before handling food.



Separate: Don't cross-contaminate—Cross-contamination is how bacteria spreads from one food product to another— especially, raw meat, poultry and seafood. Keep these foods and their juices away from ready-to-eat foods.

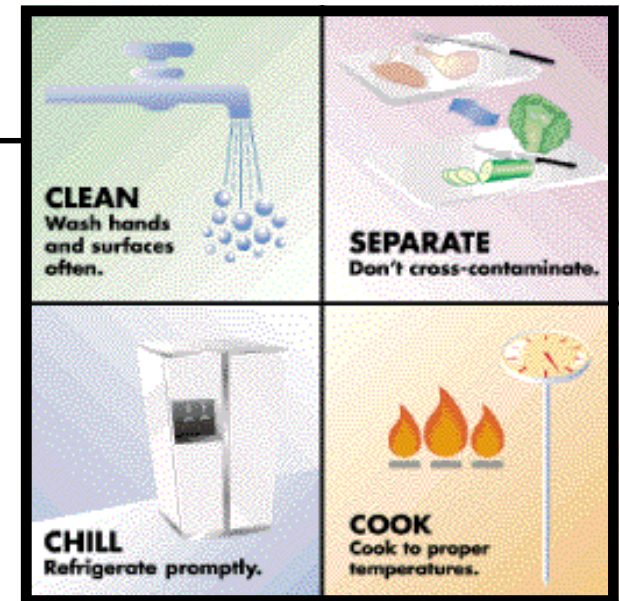


Cook: Cook to proper temperatures—Foods are safely cooked when they are heated for a long enough time and at a high enough temperature to kill harmful germs.

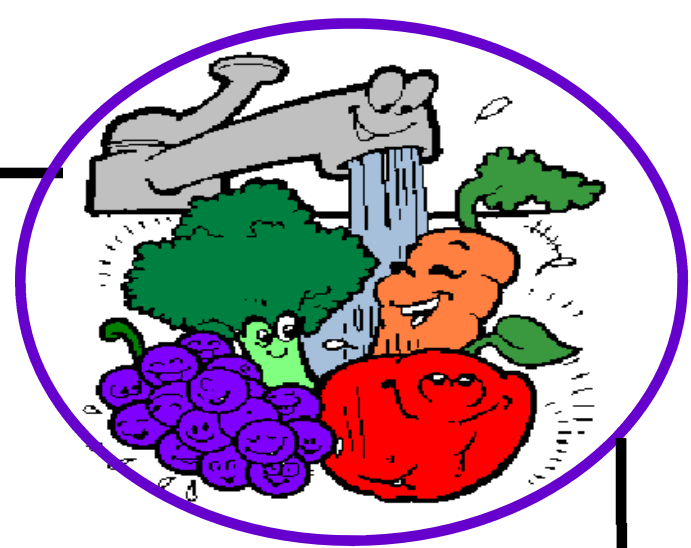


Chill: Refrigerate promptly—Cold temperatures keep most germs from growing. So, set your refrigerator at 40°F and the freezer at 0°F.

Combine these 4 ingredients and stir. Serves all.



Fruit & Veggie Recipe for Safety



Here's a simple formula for keeping fruits and veggies clean:

Prep the Kitchen — Wash your hands for 20 seconds with hot soapy water. Clean your cutting board and utensils with hot soapy water also.

Add Water — To remove any lingering dirt, thoroughly wash fresh produce under running water.

Scrub Thoroughly — Use a vegetable brush to scrub fruits and vegetables that have firm surfaces, such as potatoes, carrots, etc.

Cut Accordingly — Cut away any damaged or bruised areas on produce. Bacteria can thrive in these places.

Adapted from Fight Bac® Partnership for Food Safety Education



Do not use nuts or seeds for children less than 3 years old or for anyone who has difficulty chewing or swallowing.

If a parent/child has food allergies or family history of allergies, doctors recommend delaying introduction of peanuts until after 3 years of age. (American Peanut Council)

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