

The 4 Food Safety Tips

There are four food safety tips you should follow when preparing and storing foods in your kitchen. These four tips are clean, separate, cook, and chill. These steps are explained below:

Clean:

Be sure to clean and sanitize all kitchen work surfaces before and after food preparation of any kind. Also be sure to wash your hands well and for at least 20 seconds with soap in warm water before making and eating each meal or food item you prepare. It is also important to wash your hands after handling foods like raw meat or eggs.

Separate:

You must keep raw meat, poultry, seafood, and eggs separate from one another both in the fridge and while preparing food. This means using different work areas, cutting boards/knives, and sanitizing after each different food.

Cook:

Be sure when you are cooking that the internal temperature of your foods reaches the correct temperature (e.g. 145 F for beef). This ensures all harmful bacteria are killed. You will need a meat/food thermometer to do so, as just checking by examining the food by its looks will not be sufficient.

Chill:

There is typically a danger zone for the production of harmful bacteria in foods when they are left at room temperature for too long. This danger zone is between 40 F and 140 F depending on the food type. Please chill your foods as soon as possible in order to prevent your food from harming you when it is eaten. Your fridge should always be below 40 F and freezer should always be at least 0 F or lower.