

Keep the Holidays Happy

Put Food Safety First!

'Tis the season for fond memories, gift giving, and hosting parties and family gatherings with good *food!* As you prepare your festive holiday spreads, remember to keep foods fresh and safe to eat. If food containing harmful bacteria is consumed, it could cause foodborne illness. So, when planning the big feast, follow this food safety checklist.



✓ *Clean Up*

- ✿ Thoroughly wash your hands with soap and water for a full 20 seconds *before* and *after* handling raw products.
- ✿ Use plastic or other non-porous cutting boards. Cutting boards should be run through the dishwasher — or washed with soap and hot water — after each use.

✓ *Combat Cross-Contamination*

- ✿ Store raw meat, poultry, and seafood on a plate or tray, so raw juices don't drip onto other foods.
- ✿ Use one cutting board for raw meat products and another one for salads and other ready-to-eat foods, or wash cutting boards in between each use.
- ✿ Never place cooked food on a plate that previously held raw meat, poultry, or seafood *unless* the plate has been washed.
- ✿ Don't spread bacteria with dirty sponges, dishcloths, or towels. Bacteria often thrive in the moist areas of these items where bits of food may also exist. Use paper towels or freshly-cleaned sponges or cloths and soap and hot water to clean food preparation surfaces.



Did You Know?

The average used kitchen sponge harbors **7.2 billion bacteria!** Consider using paper towels or clean cloth towels.

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