Keep your foods safe and fresh!

Eating spoiled food can make you sick. This is called food poisoning. Often, when people have a “stomach ache” or think they have the “flu”, they really have food poisoning.

What makes food spoil? Germs. Germs can get on foods and grow if the food is not stored properly. You can’t see, smell or taste germs on food. But you can prevent food poisoning by keeping foods safe.

Germs grow fastest on moist protein foods like:

- milk
- eggs
- meat
- poultry
- fish
- potato salad
- macaroni salad
- casseroles

How to Keep Food Safe

When You Shop:

→ Buy cans and jars that are not dirty, rusty, dented, or bulging.
→ Check eggs. Never buy cracked or broken eggs.
→ Always check the “use-by” date before buying any food.
→ Buy cold and hot foods last.
→ Take food straight home to the refrigerator. Never leave food in a warm car.

When You Prepare Food:

→ Keep your kitchen counter, sink, and refrigerator clean.
→ Wash hands in hot soapy water before touching food.
→ Use clean dish towels.
→ Use a plastic cutting board rather than a wooden one where germs can hide in the cracks. If you use a wooden board, clean with bleach and hot water after cutting meat on it.
→ Scrub fresh fruits and vegetables under running water to wash dirt and germs away.
→ Keep raw meats and their juices away from other foods.
→ Thaw food in the refrigerator, microwave, or under cold running water. NOT on the kitchen counter.

When You Cook:

→ Cook meat, poultry, and fish thoroughly. Red meat should be cooked until brown inside.
→ Poke cooked chicken with a fork. The juices should look clear, not pink.
→ Cook eggs until whites and yolks are firm, not runny.
<table>
<thead>
<tr>
<th>Freeze</th>
<th>Fresh Bulk Foods</th>
<th>Fresh Foods</th>
<th>Dry, Boxed Foods</th>
<th>Canned Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Juice, Vegetable, Fish</td>
<td>(Juice, Margarine, Cheese)</td>
<td>(Peanut butter, Jelly)</td>
<td>(Meat, Cheese, Vegetables, Milk)</td>
<td>(Beans, Juice)</td>
</tr>
<tr>
<td>Keep cold</td>
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<td>Keep cold</td>
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<tr>
<td>Several days if kept</td>
<td>Several days if kept</td>
<td>Close lid tightly and refrigerate</td>
<td>Close lid tightly and refrigerate</td>
<td>Close lid tightly and refrigerate</td>
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<td>Wrap tightly</td>
<td>Keep</td>
<td>Refrigerate</td>
<td>Keep</td>
<td>Refrigerate</td>
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Use this chart to choose the Right Way to Store Your Foods.