



Exploring the Food Groups

Fifth-grade nutrition education newsletter

Lesson 2

Be Food Safe

How can you make food safety the easy choice?

Bacteria can spread quickly if we don't handle food properly. We can avoid getting sick from unsafe food by remembering these four words: clean, separate, cook and chill.



clean

wash hands & surfaces often

Clean: Wash hands and surfaces often.

- Wash hands, utensils and surfaces with hot soapy water before and after food preparation and especially after handling raw meat, poultry, eggs or seafood.
- Wash hands after using the bathroom, handling pets, coughing or sneezing.
- Always rinse fresh fruits and vegetables under cool running water before preparing or eating them. This includes fruits and vegetables that will be peeled.



separate

don't cross contaminate

Separate: Don't cross-contaminate.

- Use a different cutting board for raw meats.
- Wash hands, cutting boards, dishes and utensils with hot soapy water after touching raw meat, poultry, eggs or seafood.
- Keep raw meat, poultry and seafood separate from other foods when shopping in the grocery store.
- Store raw meat, poultry and seafood on a plate on the lowest shelf of the refrigerator to keep juice from dripping on other foods.



cook

cook to safe temperature

Cook: Cook foods to proper temperatures.

- Cook eggs until the yolks and whites are firm.
- Don't use recipes with raw or undercooked eggs.
- Don't taste raw cookie dough because it has eggs in it that haven't been cooked.
- Use a meat thermometer to make sure the meat is cooked to the right temperature.
- Don't eat ground beef that is pink inside.



chill

refrigerate promptly

Chill: Refrigerate right away.

- Dairy foods, eggs, meat, poultry, seafood and leftovers should be kept in the refrigerator or the freezer. Because bacteria grow rapidly at warmer temperatures, these foods should never be left out of the refrigerator for more than 2 hours (or more than 1 hour if the temperature is over 90 degrees).
- Thaw poultry, seafood and other meats in the refrigerator, not at room temperature.
- Divide leftovers into small, shallow containers for quick cooling in the refrigerator.

Helpful hint:

Wash reusable grocery bags at least once a week or after each use.

Graphics from *Be Food Safe*, a joint program of the USDA and the Partnership for Food Safety Education.

www.fightbac.org

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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance