



## **SAFE FOOD HANDLING**

75 SECONDS

IT'S HARD TO TELL WHEN FOODS ARE SAFE, SO IF YOU THINK A FOOD MIGHT BE BAD, THROW IT OUT!

HERE ARE SOME FOOD SAFETY TIPS:

- DRINK ONLY BOTTLED OR TREATED WATER UNTIL YOUR NORMAL WATER SUPPLY HAS BEEN CERTIFIED SAFE.
- ALWAYS WASH YOUR HANDS WITH WATER THAT HAS BEEN CERTIFIED TO BE SAFE BEFORE TOUCHING FOODS, AND MAKE SURE COUNTER TOPS ARE CLEAN.
- WASH FRESH FRUITS AND VEGETABLES UNDER WARM WATER.
- IF POSSIBLE, COOK FRUITS AND VEGETABLES BEFORE EATING.
- ALWAYS WASH YOUR CAN OPENER WITH SOAP AND SAFE WATER BEFORE AND AFTER EACH USE.
- DO NOT LEAVE PERISHABLE FOOD OUT OF THE REFRIGERATOR FOR MORE THAN 2 HOURS BEFORE EATING.
- WHEN IN DOUBT, THROW IT OUT.

FOR MORE INFORMATION, CONTACT YOUR COUNTY EXTENSION CENTER OR CALL THE U.S.D.A. HOTLINE AT 1-800-535-4555.