



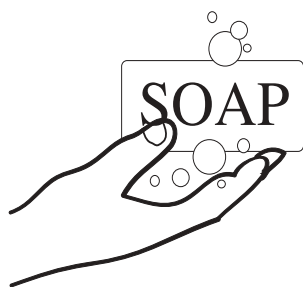
FOOD WORKS

KEY MESSAGES

1. If you are not careful, you can get sick from the food you eat. This is called food poisoning.

2. To keep from getting food poisoning

- Keep hot foods hot — cold foods cold.
- Wash hands before handling food.
- Store foods properly.



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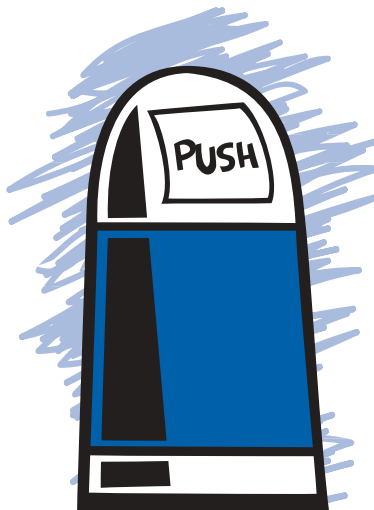
DON'T LET YOUR FOOD MAKE YOU SICK

People sometimes get sick from the food they eat. You can keep food from making you sick by:

- Keeping your kitchen and food clean.
- Putting foods away quickly after eating.
- Using leftovers in refrigerator within four days.

Bacteria are found everywhere. Do not give bacteria a chance to grow and spoil your food.

If you think your food might be spoiled, DON'T TASTE IT.



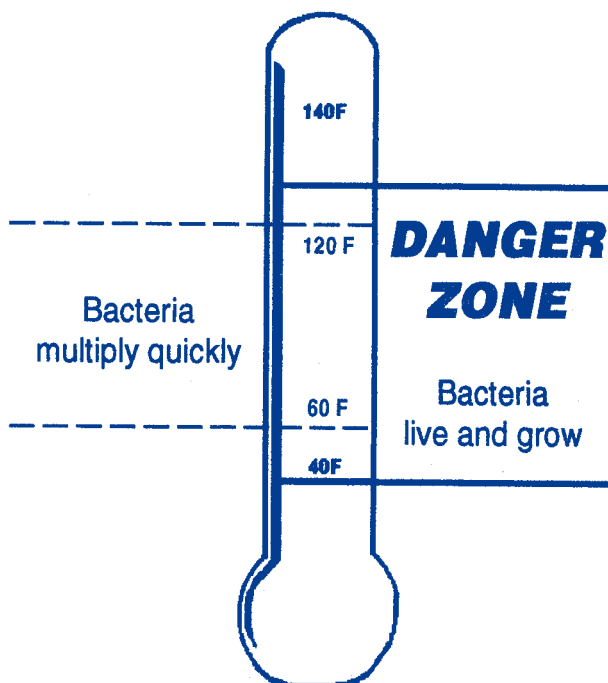
REMEMBER, WHEN IN DOUBT - THROW IT OUT!



BACTERIA IN THEIR TRACKS

- Wash hands with soapy water.
- Cover mouth and nose when you sneeze or cough then wash hands again.
- Wash cutting board in hot soapy water after slicing raw meat, poultry, or fish.
- Wash kitchen towels and dishcloths often.
- Keep kitchen counters and floors clean.
- NEVER leave food at room temperature for more than two hours.
- Never eat hamburger that is red in the middle.
- Be sure chicken is cooked done (juices run clear NOT pink).
- Thaw food in the refrigerator, never on the counter.
- Do not taste from a spoon you intend to serve from.
- Do not eat raw egg, meat, poultry or fish.

BACTERIA LIKE WARM TEMPERATURES



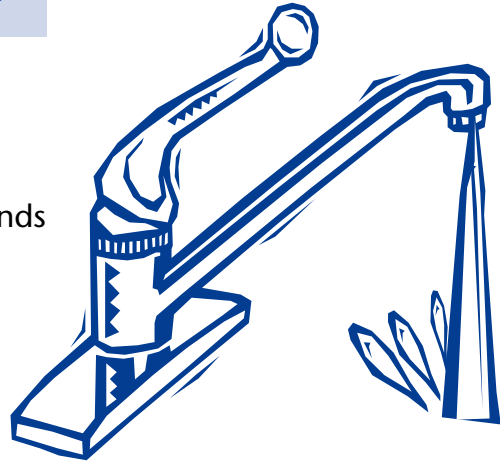
SERVE HOT
FOODS HOT

COLD
FOODS
COLD

Bacteria grow rapidly at room temperature — you cannot taste or smell germs but they can grow on your food and make you sick.

WASH HANDS

- Use soap and warm water
- Rub hands together to make soap bubbles
- Rub between fingers, around nails, on top of hands
- Rub each finger carefully
- Rinse away all soap
- Dry with a clean towel

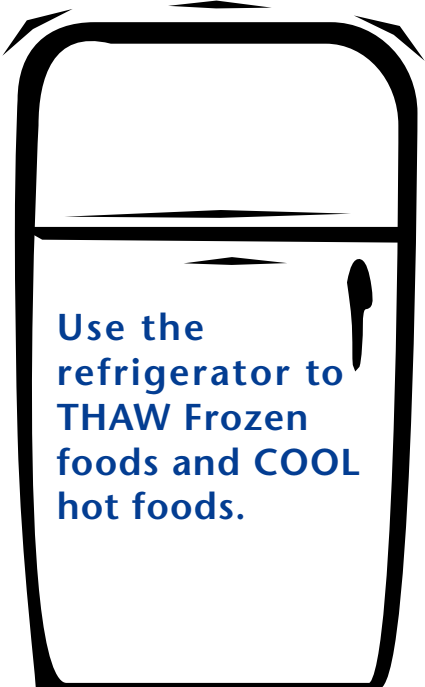


SANITIZING (DISINFECTING) SOLUTION

1 Tbsp. liquid bleach 1 gallon warm water

- Place the mixture in a dishpan for dipping cutting boards and kitchen utensils. Set them in a drainer to air dry.
- Put it in a spray bottle to clean kitchen counters and diaper changing tables. Dry with a paper towel.

Keep insects such as roaches out of your kitchen by taking away their food supply. You take away their food supply by storing food properly and keeping your kitchen clean.



Use the refrigerator to THAW Frozen foods and COOL hot foods.

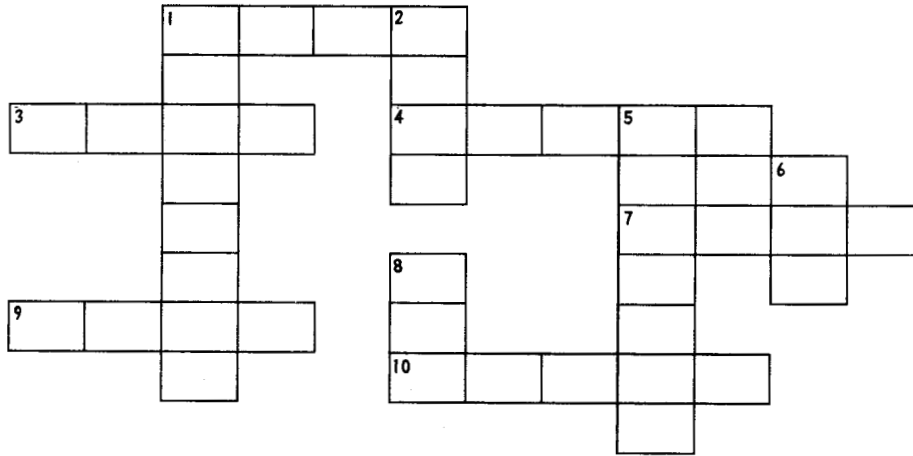


STOP

FOOD POISONING BEFORE IT STOPS YOU!

Keep raw meat A-P-A-R-T from other foods

FOOD SAFETY PUZZLE



Across

1. Frozen food should not be placed on the counter to _____.
3. Bacteria multiply or _____ rapidly on foods kept at room temperature.
4. Bacteria can cause this to happen to food so that it is no longer safe to eat.
7. Hands, cutting boards, kitchen counters and dishes should be washed in hot water with _____.
9. This is a home invader that really cannot be seen, smelled or tasted.
10. Never _____ food from the same spoon you intend to serve from.

Down

1. Cooked foods should never be left at room temperature for longer than _____.
2. You should do this to hands before touching food.
5. These creatures come into your home because they need food and water. You can take their food away by keeping your kitchen clean.
6. Meat, poultry, seafood and eggs should always be cooked and never eaten _____.
8. Keep cooked foods _____ instead of room temperature.

Answers to the Food Safety Puzzle

- Across**
1. Frozen food should not be placed on the counter to thaw.
 3. Bacteria multiply or grow rapidly on foods kept at room temperature.
 4. Bacteria can cause this to happen to food so that it is no longer safe to eat. Spoil.
 7. Hands, cutting boards, kitchen counters and dishes should be washed in hot water with soap.
 9. This is a home invader that really cannot be seen, smelled or tasted. Germ.
 10. Never taste food from the same spoon you intend to serve from.
- Down**
1. Cooked foods should never be left at room temperature for longer than two hours.
 2. You should do this to hands before touching food. Wash.
 5. These creatures come into your home because they need food and water. You can take their food away by keeping your kitchen clean.
 6. Meat, poultry, seafood and eggs should always be cooked and never eaten raw.
 8. Keep cooked foods hot, instead of room temperature.

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