

What do you use this for?

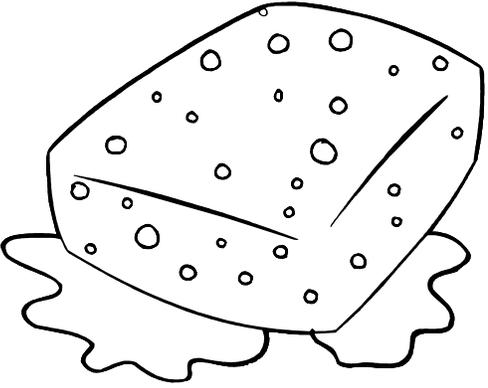
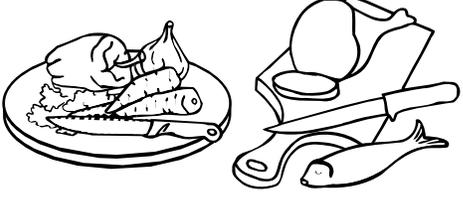
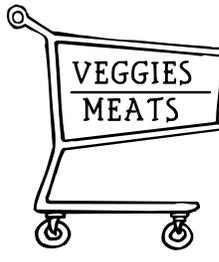
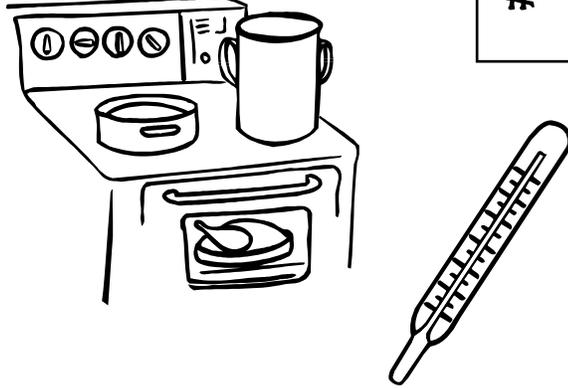
Write the correct number inside each square and fill in the blanks.

1. Cook

2. Chill

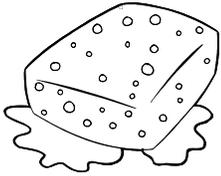
3. Clean

4. Separate

 <div style="text-align: right; border: 1px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 10px auto;">#</div> <p style="text-align: center; margin-top: 20px;">S _ N _ E</p>	 <div style="text-align: right; border: 1px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 10px auto;">#</div> <p style="text-align: center; margin-top: 10px;">C _ T _ G B _ R _</p>  <p style="text-align: center; margin-top: 10px;">S H _ _ _ G C _ T _</p>
 <div style="text-align: right; border: 1px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 10px auto;">#</div> <p style="text-align: center; margin-top: 20px;">S _ O _</p>	 <div style="text-align: right; border: 1px solid black; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 10px auto;">#</div> <p style="text-align: center; margin-top: 20px;">E _ G _ R _ T _</p>

Keeping Food Safe!

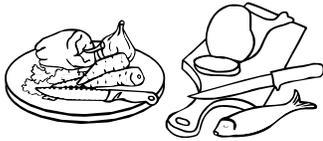
4 Secrets to Stay Healthy



Sponge

CLEAN

Wash hands before cooking and eating, and wash food-contact surfaces before using them. Germs can spread throughout your hands, and throughout the kitchen and get onto cutting boards, knives, sponges and counter tops.



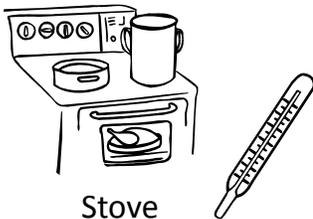
Cutting Boards

SEPARATE

When harmful bacteria spread from raw seafood, raw meat, or raw poultry to fruits, vegetables or to ready-to eat foods, this is called cross contamination. To avoid this, you need to separate them. Put your raw meat, fish, or poultry in a different place than your fruits, vegetables or ready-to eat foods. It is better to use two cutting boards: one for fruits and vegetables, and one for raw meats. When shopping, is better to separate in the shopping cart raw meats from fruits and vegetables.



Shopping Cart



Stove

COOK

Foods have to be properly cooked to kill harmful bacteria. Use a food thermometer to measure the internal temperature of foods.



Refrigerator

CHILL

Refrigerate promptly to keep most harmful bacteria from growing and multiplying. Refrigerators should be set at 40 degrees Fahrenheit and the freezer at 0 degrees Fahrenheit. It is good to occasionally check these temperatures with a thermometer for refrigerators.

Keeping Food Safe!