

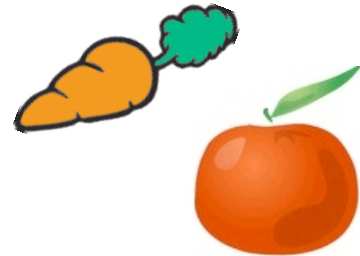
Food Safety is Important

Sometimes, the food we eat can make us sick if not handled properly. It is important to keep our food safe from bacteria so we can stay healthy! Here are the basics:



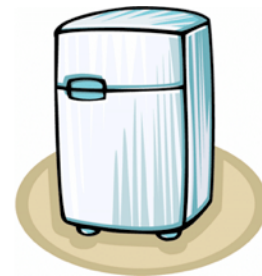
CLEAN: Wash hands, utensils, and cutting boards before and after contact with raw meat, poultry, seafood, and eggs.

SEPARATE: Keep raw meat and poultry apart from foods that won't be cooked.



COOK: Use a food thermometer - you can't tell food is cooked safely by how it looks.

CHILL: Refrigerate leftovers and takeout foods within 2 hours and keep the fridge at 40°F or below.



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