Checklist for Food Safety

To keep you and your baby safe, follow these four food safety practices: Clean, Separate, Cook, and Chill.

1. Keep everything **clean**:
   - Wash your hands and the surfaces where you prepare and store food often.
   - Wash fresh fruits and vegetables under running water using a vegetable brush.
   - Replace used or dirty dishcloths and sponges every day.
   - Always wash your hands using hot water and soap after using the bathroom, changing a diaper, or touching a pet.

2. **Separate**, don’t cross contaminate:
   - Keep raw meat, poultry, fish (and their juices), and eggs away from ready-to-eat food.
   - Use a separate cutting board for meat, poultry or fish.
   - Clean cutting boards after each use and replace when showing signs of wear.
   - If you cut meat, wash the knife in hot soapy water before you cut raw foods such as vegetables and fruit.
   - Store meat on the bottom shelf of the refrigerator so juices don’t mix with other foods.

3. **Cook** to proper temperatures. You cannot tell food is safe by looking!
   - Use an instant-read thermometer to cook foods to safe minimum temperatures.
     - Chicken, turkey, leftovers, casseroles: 165°F
     - Ground meat, egg dishes: 160°F
     - Red meat, pork, and fish with fins: 145°F
   - Keep hot foods hot (at least 140°F).
   - Cook eggs until the yolk and white are firm. Do not eat raw eggs.

4. **Chill**: Keep cold foods cold at no more than 40°F:
   - Put leftovers in shallow containers, cover, and store in the refrigerator immediately.
   - Do not defrost or cool any food on the counter. Bacteria can grow quickly.
   - Thaw frozen foods in the refrigerator or the microwave. Food thawed in a microwave should be cooked immediately.
   - Throw away any food that sits out more than two hours.

**TAKE ACTION**

To keep my food safe I will:

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