Be food safe. Clean.

WASH hands with soap and warm water for 20 seconds before and after handling food.

RUN cutting boards and utensils through the dishwasher or wash them in hot soapy water after each use.

KEEP countertops clean by washing with hot soapy water after preparing food.

Bacteria can spread throughout the kitchen and get on hands, cutting boards, knives, and countertops. Frequent cleaning can keep that from happening. The four easy lessons of Clean, Separate, Cook, and Chill can help prevent harmful bacteria from making your family sick.

To find out more about food safety, visit **befoodsafe.gov**
Questions? Click on **Ask Karen** or call **1-888-MPHotline.**

be food safe™
from USDA
and the Partnership
for Food Safety Education