



# Exploring

## children's health and wellness



farm2preschool

a tipsheet for parents and caregivers of children

### 8 Food Safety Tips to Stay Healthy

- 1 KEEP HANDS CLEAN.** To prevent the spread of bacteria, wash your hands before and after preparing and eating food. Using warm water and soap, rub your hands together for 20 seconds, about the time it takes to sing the "Happy Birthday" song twice.
- 2 KEEP PERISHABLE FOODS COLD.** Foods such as dairy, eggs, and meats should be promptly stored in the refrigerator or freezer. Perishable foods should not be left at room temperature for more than 2 hours, or more than 1 hour if the temperature is 90°F, to prevent the development of harmful bacteria.
- 3 NEVER THAW ON THE COUNTER.** To prevent the development of harmful bacteria, frozen foods can be safely thawed in the refrigerator, in a sealed package submerged in cold water, or in the microwave if being cooked immediately after.
- 4 STORE RAW FOODS SEPARATELY.** Keep raw meat and fish on the bottom shelf of the refrigerator to prevent juices from dripping onto other foods.

- 5 PREPARE RAW FOODS SEPARATELY.** Prepare raw meat, fish, and eggs separately to prevent the spread of bacteria to other foods.
- 6 WASH PRODUCE.** Rinse fresh fruits and vegetables under cool, running water and rub with hands to remove dirt and bacteria. Wipe them dry with a clean cloth or paper towel.
- 7 KEEP FOOD PREP SURFACES CLEAN.** Wipe spills with a clean cloth or paper towel and wash cutting boards, dishes, utensils, and counter tops with hot, soapy water after preparing food.
- 8 SAFELY STORE LEFTOVERS.** Securely seal leftovers in a container or plasticwrap and store in the refrigerator for 3-4 days or in the freezer for 3-4 months.

