



# FOOD HANDLING AND SAFETY

## AT HOME

### FOOD SAFETY IN YOUR HOME REFRIGERATOR AND FREEZER

#### Refrigerator strategies: keeping food safe

**AVOID “overpacking”:** Cold air must circulate around refrigerated and frozen foods to keep them properly chilled.

**Wipe up spills immediately:** Wiping spills will help prevent “cross-contamination,” where bacteria from raw meat or dirty produce can spread to other foods.

**Keep it covered.** Store refrigerated foods in covered containers or sealed storage bags, and check leftovers daily for spoilage.

**Check expiration dates on foods.** If food is past its “use by” date, discard it. If you’re not sure, the simple rule is: “When in doubt, throw it out.”

**Clean the fridge and freezer out frequently.** Make this task part of your kitchen cleaning routine!

**Practice FIFO (First In First Out):** When you are storing food make sure that you rotate them so that older foods are used first. Take the time to rotate your food and practice FIFO!

### FOOD SAFETY AFTER THE GROCERY STORE

#### After the grocery store, keep these tips in mind from the food & drug administration:

- When you get home from the grocery store, put your refrigerated items away as quickly as possible. Ensure that you rotate the items so that you use the ones that have been in the refrigerator the longest first. **Take the time to rotate your items and practice First In First Out!**
- Never allow raw meat, poultry, seafood, eggs, or produce that requires refrigeration to sit at room temperature for more than two hours.
- Keep in mind that your car is probably even hotter than typical room temperature, so it’s important not to leave groceries in your car longer than absolutely necessary— and never more than 2 hours (or 1 hour on a hot day).

### SAFELY THAW FOODS

#### Under refrigeration (at 40° F / 4° C or lower):

- Plan ahead— allow enough time to thaw food completely.
- Remove raw food from carton and place in the sink or large food container.
- Set on bottom shelf in refrigerator — **below** ready-to-eat food and unwashed produce.

### PROPER HAND WASHING

#### Keeping hands clean is one of the best ways to prevent the spread of infection and illness.

What is the right way to wash your hands?

- **Wet** your hands with warm, clean running water
- **Apply** soap liberally
- **Lather** your hands and wrists with soap for 20 seconds — need a timer? Hum the “Happy Birthday” song from beginning to end twice
- **Clean** thoroughly under fingernails and between fingers
- **Rinse** your hands well under warm, cleaning water
- **Dry** your hands using a clean paper towel
- **Turn off** faucet with the paper towel — not with clean hands!