

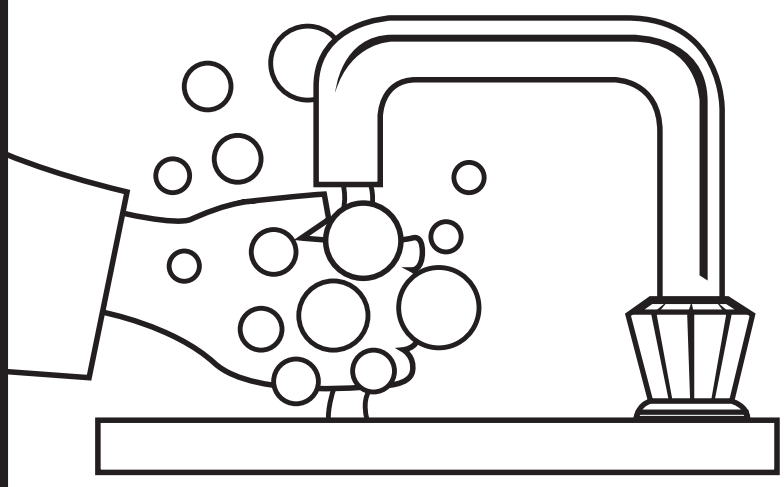
THE **story**
OF YOUR
dinner

CORE FOUR

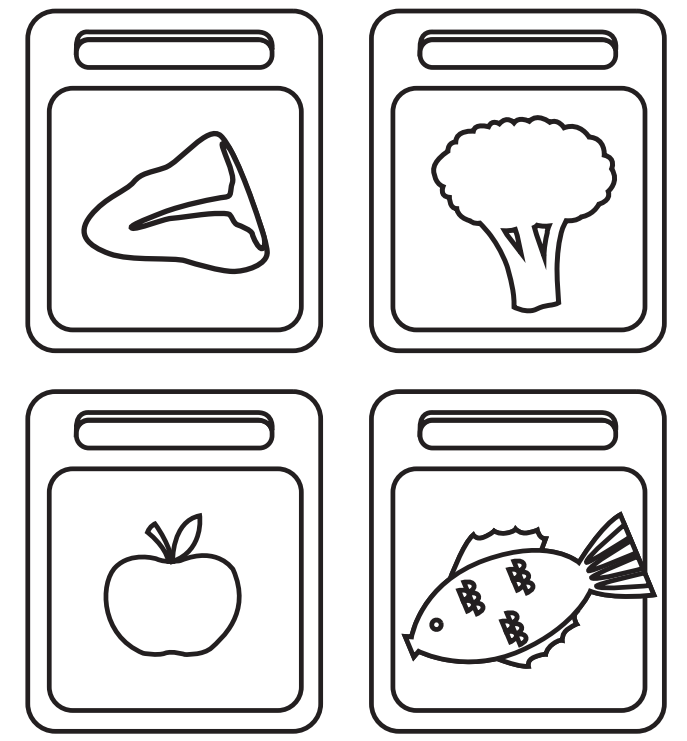
COLOR THEM!

RULES OF HOME FOOD SAFETY

CLEAN



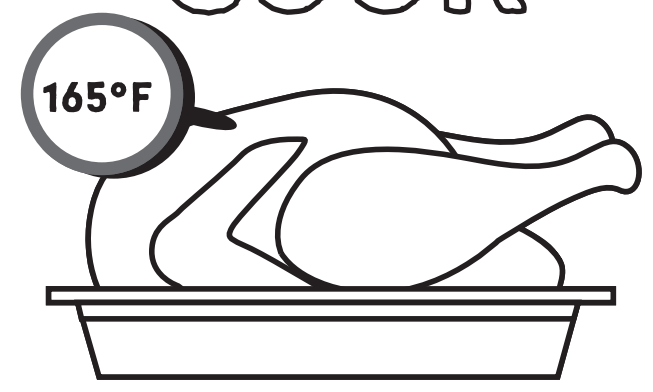
Wash your hands, kitchen surfaces and utensils with hot, soapy water before and after handling food.



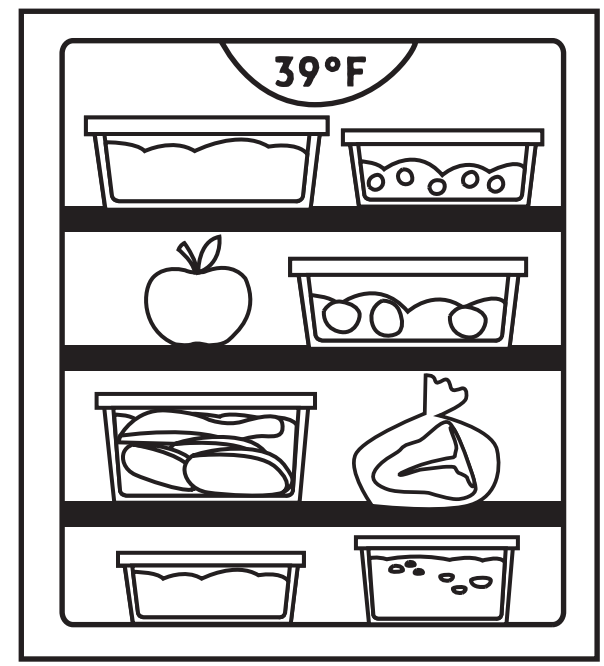
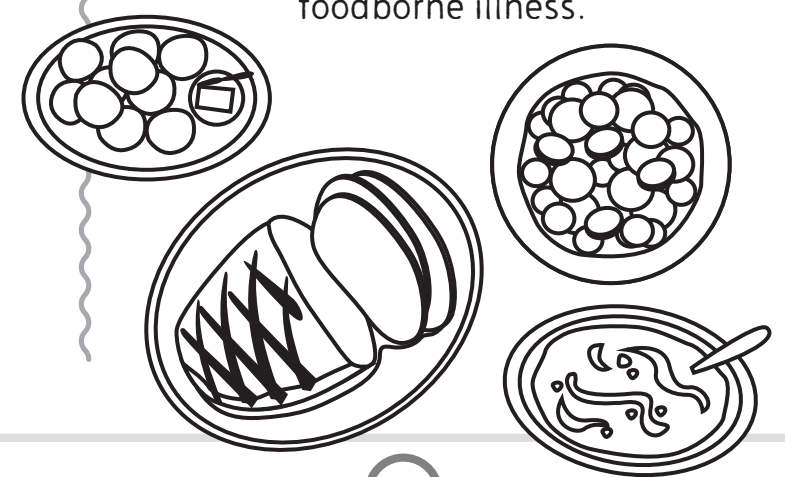
SEPARATE

Separate produce from raw meat, seafood, poultry, eggs and household chemicals.

COOK



Cook food to a high enough internal temperature to kill the harmful bacteria that cause foodborne illness.



CHILL

Keep your refrigerator at or below 40°F and your freezer at 0°F. Refrigerate or freeze leftovers in shallow containers within two hours.

CORE FOUR RULES OF HOME FOOD SAFETY

- CLEAN**
Wash hands and surfaces often.
- SEPARATE**
Don't cross-contaminate.
- COOK**
Cook to the safe internal temperature.
- CHILL**
Refrigerate or freeze promptly.

PARENT QUIZ! TRUE OR FALSE?

Thawing at room temperature is the best method for defrosting food.

False! There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.

Turn your placemat upside down to learn the answer!

Learn more about food safety at StoryOfYourDinner.org

Partnership for Food Safety Education 2016

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Good Food, Good Life

