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Steps to Keep Your Food Safe



**Wash hands
with soap**



**Clean surfaces
often**

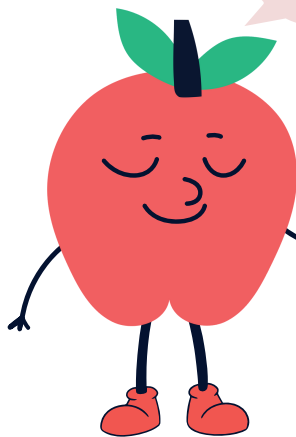


**Rinse fruits and
vegetables**

Bacteria in food can't be seen, tasted or smelled. Bacteria can make you sick if eaten and can spread when you touch cutting boards, knives, hands, and other objects.



When should I wash my hands?



BEFORE YOU:

- ✓ Prepare or cook food
- ✓ Eat
- ✓ Treat a cut or wound
- ✓ Help a sick person

AFTER YOU:

- ✓ Treat a cut, wound or help a sick person
- ✓ Eat
- ✓ Touch any your face or touch any pets
- ✓ Cough, sneeze or blow your nose
- ✓ Prepare or cook food
- ✓ Go to the bathroom
- ✓ Handle eggs, uncooked meat or poultry

DON'T FORGET!

If you have long hair, it is important to tie your hair up before you wash your hands and start cooking. This prevents it from touching the food or getting caught in equipment.

Steps to wash your hands

**Sing the Happy Birthday song 2 times
or Mary Had a Little Lamb while lathering!**



1 Wet hands



2 Apply Soap



3 Lather for
20 seconds



4 Rinse

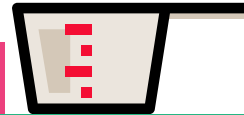


5 Dry hands

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Measuring Tips

DRY MEASURING CUP



Use a spoon to put ingredient into the measuring cup and remove extra with the back of a butter knife



Use a spoon to fill the measuring cup with the ingredient, push down lightly and remove excess with the back of a butter knife

LIQUID MEASURING CUP



Pour liquid into the measuring cup and bend down so the liquid amount you need is at eye level

EXTRA TIPS



Use measuring spoons and remove excess of the food item with a straight edge (clean finger or back of butter knife)



Crack eggs into a separate bowl before adding to other ingredients

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Handwashing Activity Sheet

Connect each picture to the correct steps for handwashing.



Apply Soap



1



Rinse



2



Dry Hands



3



Lather for 20
seconds



4



Wet Hands



5

Answers: 1 - Wet Hands. 2 - Apply Soap. 3 - Lather for 20 seconds. 4 - Rinse. 5 - Dry Hands.

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Fridge, Freezer, or Pantry?

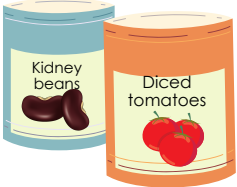
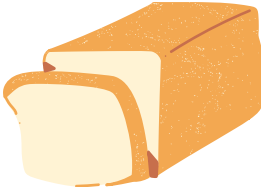
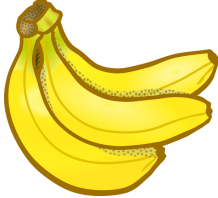
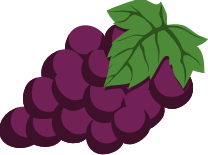
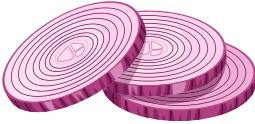
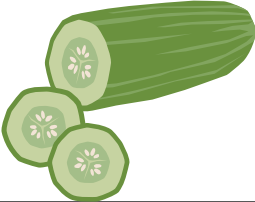



Put a check mark for where you would store each food item.

Item	Fridge	Freezer	Pantry/ Counter	Item	Fridge	Freezer	Pantry/ Counter
							
							
							
							
							
							
							

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Fridge, Freezer, or Pantry?

Put a check mark for where you would store each food item.

Item	Fridge	Freezer	Pantry/ Counter	Item	Fridge	Freezer	Pantry/ Counter
			✓		✓	✓	✓
	✓					✓	✓
	✓				✓		
			✓		✓		
	✓				✓		
	✓	✓					✓
			✓		✓		