

GOOD HYGIENE FOR SAFE FOOD

- Always wash your hands with soap before you cook food or eat food.
- Rinse fruits and vegetables with water before eating them.
- Keep uncooked meat and seafood away from other foods.
- Store dairy products, meat, and seafood in the refrigerator.
- After preparing food, wipe the counters and cutting boards with soap and water.
- Do not leave prepared food out on the counter for longer than two hours.
- Store food leftovers in a sealed container in the refrigerator or freezer.
- **Good hygiene in food preparation helps keep your family free from sickness caused by spoiled food.**
- **Storing food the right way helps keep you and your family free from sickness caused by spoiled food.**

