

CLEAN



Wash hands and surfaces often

You can't see, taste, or smell them. They're sneaky little critters, and they can spread throughout the kitchen and get onto cutting boards, utensils, sponges, countertops, and food. They're foodborne bacteria — and if eaten, they can cause foodborne illness. So on your mark, get set, go . . . clean!

The Big 3

Use these tips to keep your hands, surfaces, and utensils squeaky clean!

1 Splish, Splash

Wash hands, utensils, and surfaces in hot, soapy water before and after food preparation and especially after preparing raw meat, poultry, eggs, or seafood. Also, remember to wash your hands after using the bathroom, changing diapers, or handling pets.

2 All A-board

Cutting boards (including plastic, non-porous, acrylic, and wooden boards) should be run through the dishwasher or washed in hot, soapy water after each use. Discard boards that are excessively worn.

3 Towel Toss

Consider using paper towels to clean up kitchen surfaces. When done, throw away the towel. If you use cloth towels, wash them often in the hot cycle of your washing machine.

BAC! Attack

How long should you wash your hands to send bacteria down the drain?

- a. 5 seconds
- b. 10 seconds
- c. 15 seconds
- d. 20 seconds

Answer: **d – 20 seconds**

TIP!

Using a disinfectant cleaner or a mixture of bleach and water on surfaces can provide some added protection against bacteria.

Fruit & Veggie Recipe for Safety

Here's a simple formula for keeping fruits and veggies clean.

Prep the Kitchen — Before preparing fruits and vegetables, wash your hands and clean your cutting board and utensils with hot, soapy water.

Add Water — To remove any lingering dirt, thoroughly wash fresh produce under running water.

Scrub Thoroughly — Use a vegetable brush to scrub fruits and vegetables that have firm surfaces, such as potatoes, carrots, etc.

Cut Accordingly — Cut away any damaged or bruised areas on produce. Bacteria can thrive in these places.



'Fridge Messages of the Day

- Wipe up spills immediately.
- Clean refrigerator surfaces with hot soapy water.
- Once a week, throw out perishable foods that should no longer be eaten.



Did You Know?

20% of consumers don't wash hands and kitchen surfaces before preparing food. Clean hands and surfaces are your first step in safe food handling. (FDA/USDA Consumer Survey, 1998)



If you have questions or concerns about food safety, contact:

- **The U.S. Department of Agriculture (USDA) Meat and Poultry Hotline** at (888) 674-6854 or (800) 256-7072 (TTY).
- **The U.S. Food and Drug Administration (FDA) Food Information Line** at (888) SAFE FOOD.
- **The Fight BAC! ^(R)** website at: www.fightbac.org.

TIPS!

When cooking, don't forget to wash your food thermometer after each use.

Wash out lunchboxes or totes every night.

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