

# Be Safe, Don't Cross-Contaminate

*Restaurants professionally train their kitchen staff on safe food handling practices, but food safety is just as important in the home kitchen. The National Restaurant Association's National Food Safety Month campaign provides information to help you serve safe and enjoyable meals at home to yourself, and your family and friends.*

*Cross-contamination refers to the transfer of pathogens — or germs — from one surface or food to another, which can lead to foodborne illness, commonly known as “food poisoning”. Avoiding cross-contamination is a key part of food safety best practices. The National Restaurant Association's food safety experts offer 4 easy tips for the home kitchen:*

1.



## WASH YOUR HANDS

Always wash hands before touching food. To wash your hands properly, wet hands/arms with water as hot as you can comfortably stand; add soap; scrub hands/arms for 10 to 15 seconds; rinse with warm/hot water; and dry hands with a single-use paper towel or hand-dryer, if available.

## TOUCH NOTHING BUT YOUR FOOD

Don't rub your nose, touch your hair, pet your dog, or cough into your hand while preparing food — germs from anything you touch can be transferred onto food.

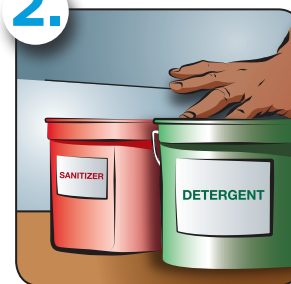
3.



## KEEP FOODS APART

Don't store raw meats next to or above ready-to-eat foods in your fridge. Prep salad vegetables before raw meat and seafood, and use different utensils and knives for food that is ready to eat and food you intend to cook. Use separate cutting boards and other prep surfaces for raw and cooked food. A good way to remember which is to use different colored boards, for example red for meats and green for vegetables.

2.



## TREAT FOOD ALLERGIC FRIENDS TO A SAFE MEAL.

If you're throwing a dinner party and one of your guests has a food allergy, it's not enough to simply pick the item in question off a dish. Food allergies can be serious, so take extra care to prep the food allergic guest's dish separately from other food, including using separate cutting boards and utensils. And of course, wash your hands!

4.

