

# Play It Safe With Food

**Know how to prepare, handle, and store food properly to keep you and your family safe.**

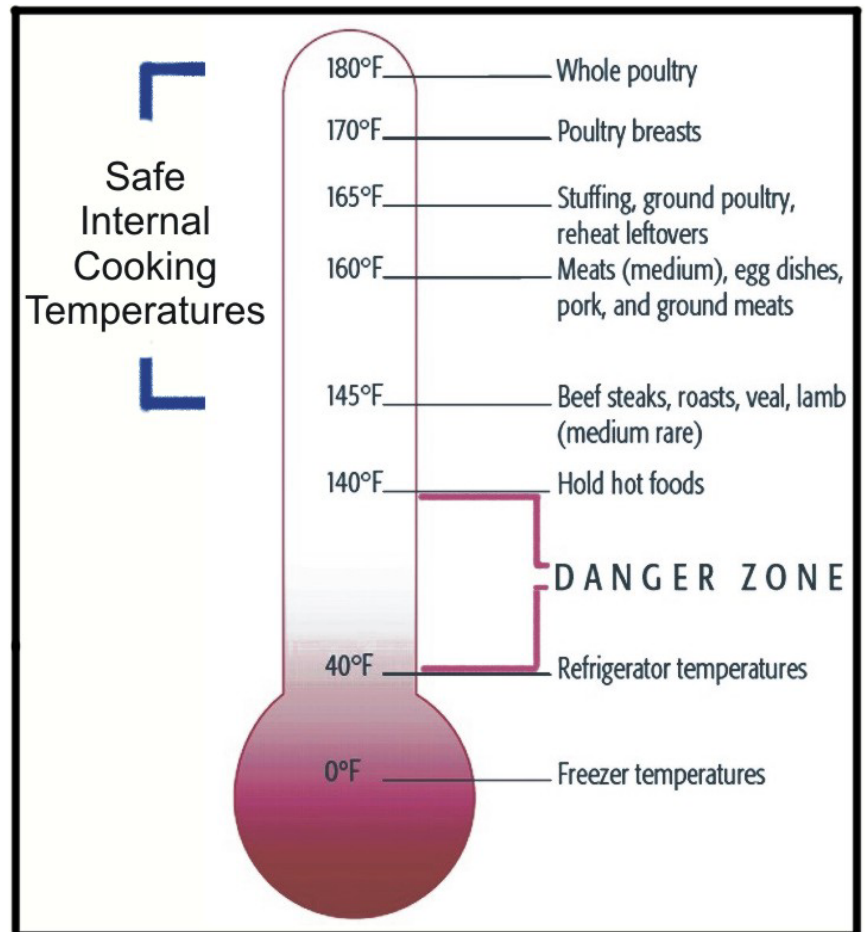
**Clean hands and food-contact surfaces before preparing, cooking, or eating food.**

**Rinse fruits and vegetables in clean water before cooking or serving.**

**Avoid cross-contamination.**

**Separate raw, cooked, and ready-to-eat foods while shopping, preparing, and storing.**

**Thaw foods in the refrigerator or in the microwave oven. Cook thawed food immediately.**



**Cook meat, poultry, and fish to safe internal temperatures to kill microorganisms.** Use a food thermometer to determine doneness. This is the only way to accurately determine a safe internal temperature is reached.

**Chill perishable foods promptly.**

**Keep hot foods hot and cold foods cold.**



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. [www.cphp.uic.edu](http://www.cphp.uic.edu)

**Properly store and cook meat, poultry, and dairy products.** Listeriosis is an illness caused by a harmful bacterium that can grow in the refrigerator and survive freezing. The bacterium is killed with thorough cooking. Ready-to-eat foods such as hot dogs, luncheon meats, cold cuts, soft cheeses, deli-style meats and poultry are high-risk foods associated with listeriosis, especially for these persons at an increased risk for infection such as people over 60, newborns, and those with weakened immune systems.

**Reduce your risk for listeriosis:**

- Store ready-to-eat foods at 40°F or lower.
- Use perishable and ready-to-eat foods as soon as possible.
- Hot dogs and luncheon meats should be reheated until steaming hot.
- Clean the refrigerator often.

**Avoid cross contamination: prevent spreading harmful bacteria from one food to another.**

- Separate raw meat, poultry, fish and seafood from other foods in your grocery store shopping cart and in your refrigerator.
- Prevent dripping juices from raw meat, poultry, fish, or seafood onto other foods in your refrigerator by placing these raw foods in sealed containers.
- Use a separate cutting board for raw meat, poultry, fish and seafood and another one for fresh fruits and vegetables.
- Always wash hands, cutting boards, dishes, and utensils with hot, soapy water after touching raw meat, poultry, fish, seafood, eggs, and unwashed fresh produce.
- Place cooked food on a clean plate.
- Don't taste or use sauce that was used to marinate raw meat, poultry, fish, or seafood on cooked foods, unless it is boiled before applying.
- Meat and poultry should not be washed. Washing these foods may spread bacteria that are present to ready-to-eat foods, kitchen utensils and food-contact surfaces.

