



Master Safe and Simple Cooking

Holiday meals can be complicated, but food safety rules are simple:
Clean, Separate, Cook, and Chill.

Clean: Rinse fruits and vegetables under running tap water just before eating. Rub firm-skin produce (or scrub with clean brush) under running tap water.

Separate: Keep raw meat, poultry and seafood and their juices away from ready-to-eat foods when preparing and storing.

Cook: Even for experienced cooks, the improper heating and preparation of food means bacteria can survive. Use a food thermometer — you can't tell food is cooked safely by how it looks.

Chill: Chilling food properly (40 °F or below) is one of the most effective ways to reduce the risk of foodborne illness. Refrigerate all ingredients and leftovers promptly.

Get more holiday food safety rules at www.holidayfoodsafety.org.

Planning tip:

Decide on the menu and collect all recipes. To avoid an overloaded oven or range top, select a few recipes that serve well at room temperature. Calculate the cooking time and temperatures (plus cooking order) for your menu.

2013 The Partnership for Food Safety Education



The non-profit Partnership for Food Safety Education saves lives and improves public health through research-based, actionable, consumer food safety initiatives that reduce foodborne illness.