



STEP 1: CLEAN

FOOD SAFETY QUICK TIPS



Lather up

Before eating, wash your hands with soap and running water for at least 20 seconds. Count to 20 slowly or sing the “Happy Birthday” song to yourself twice.



Eat clean

Rinse fruits and veggies under running water. Slicing or dicing? Scrub ‘em anyway—germs can jump from rinds to the insides during cutting and peeling.



Rules for tools

Wash cutting boards, knives, and other cooking utensils in hot, soapy water or the dishwasher after each use.



Create a safe cooking space

Wash countertops, cooking surfaces, and insides of the refrigerator, freezer, and microwave frequently with hot, soapy water.



Clean it before you crack it open

Wash food packaging, especially lids of cans and jars, before opening.

Find more **Quick Tips on the 4 Steps to Food Safety: Clean, Separate, Cook, Chill** at www.fda.gov/food

EVERYDAY FOOD SAFETY