**Keeping Food Safe**

**Personal Sanitation**

Always follow these guidelines before cooking:

Always wash your hands with hot water and soap.

Cover all cuts and sores with a clean bandage.

Wash hands frequently.

Tie hair back.

Put on an apron.

Wash kitchen area and assembly all ingredients.

**Additional Safety Precautions**

Use paper towels to wipe hands and not the dishtowel.

Never eat the raw batter or dough.

Never eat the ingredients during a cooking lab.

Use a clean spoon each time you taste for flavor.

Wipe spills up immediately.

Do not leave cabinet doors and drawers open.

Always cut away from you.

Angle lid away from you when lifting to avoid steam burns.

Keep pot handles turned in but not over another burner.

Don’t wear loose or baggy clothing.

Keep sleeves rolled up.

**Keep Foods Safe To Eat**

Hot foods should be kept between 165º and 212º F.

Never leave hot foods out longer than 2 hours

Refrigerator should be kept at 40º F

Freezer should be kept at 0º F

Pick up perishable foods last when grocery shopping

If driving more than 30 miles or 45 minutes use an ice chest for

perishables

Freezer burn causes white, dried out patches. Wrap freezer food tightly

in freezer wrap paper

Safest way to thaw food is in the refrigerator. Never thaw meat/poultry

on the counter top.

Never store leftover food on the counter – immediately refrigerate

Store foods in airtight containers

Keep pets out of the kitchen and eating areas

Wash cutting boards and knives that have been utilized for raw meats,

poultry, and fish with hot soapy water, then clean with bleach.

Beware of bulging cans, out of date foods, opened packages, unusual

odors, strange color, broken seal, dented cans, repackaged items,

etc.