



National Food Safety Education Month is sponsored by the International Food Safety Council. The theme of this year's observance is "Keep It Clean" — the first step to food safety. Here are some reminders to help you "keep it clean" this September and throughout the year. **Follow each tip every day.**



The International Food Safety Council is a restaurant and foodservice industry coalition committed to food safety education. For more information about enrolling in the Council free of charge, call 800/456-0111.

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Proper handwashing: Rub hands vigorously with soap under hot running water for 20 seconds. Rinse thoroughly. Dry with a paper towel or air-blowing hand dryer.</i>		1 Shower or bathe before going to work.	2 Wear clean clothes to work every day.	3 Wash hands properly before handling food.	4 Keep nails short and clean.	5 Do not wear fingernail polish or artificial nails.
6 Wash hands often while preparing food; especially after handling raw meat, poultry, or seafood.	7 Do not wear jewelry.	8 Cover cuts and sores on hands with a bandage and wear gloves.	9 Wash hands after using the restroom.	10 Stay at home if you have a cold, fever, sore throat, diarrhea, nausea or vomiting.	11 Wear proper hair restraints.	12 Wash hands after touching your hair or clothing.
13 Wear a clean kitchen coat or apron; change when they become soiled.	14 Do not wipe hands on kitchen coat or apron.	15 Wash hands after eating or drinking.	16 During food preparation, never taste food with your finger; cut or ladle a small amount into a separate dish. Wash the tasting dish and utensil after each use.	17 Clean and sanitize cutting boards and knives after each use, and especially after preparing raw meat, poultry, or seafood.	18 Wash hands before handling ready-to-eat foods.	19 Sanitize using a commercial sanitizer or a solution of water and bleach.
20 Wash and rinse surfaces, equipment and utensils before sanitizing.	21 Clean and sanitize work tabletops after each use.	22 Wash hands before setting and after bussing tables.	23 Wipe up spills on surfaces and floors as soon as possible.	24 Clean restrooms thoroughly at least once a day.	25 Wash hands after washing dishes and handling equipment or utensils.	26 Keep garbage away from food and food-contact surfaces.
27 Clean and sanitize garbage containers away from food preparation and storage areas.	28 Wash hands after taking out trash.	29 Wash and sanitize mops and other cleaning supplies after each use.	30 Wash hands after smoking, chewing tobacco or using a toothpick.	<i>"Keep It Clean" is the first step to food safety. It is equally important to follow proper food safety procedures for avoiding cross-contamination, cooking food to the proper temperatures and cooling food properly.</i>		

These tips are based on ServSafe®, the leading restaurant and foodservice industry food safety training program, from The Educational Foundation of the National Restaurant Association. For more information about the complete ServSafe program, including seminars, handbooks, videos and course certification, call 800/765-2122.