

Food Safety Thrives When You Focus on Five!



1 Avoid Purchasing Food from Unsafe Sources

You can't make unsafe food safe. That's why it is important to check all food when it arrives. Always make sure the food you receive is in good condition, and at the right temperature.

2 Clean and Sanitize Correctly

Dirty equipment and utensils can contaminate food with disease-causing pathogens. To keep food safe, clean and sanitize all food-contact surfaces. Cleaning a surface removes food and other dirt, and sanitizing a surface reduces pathogens to safe levels.



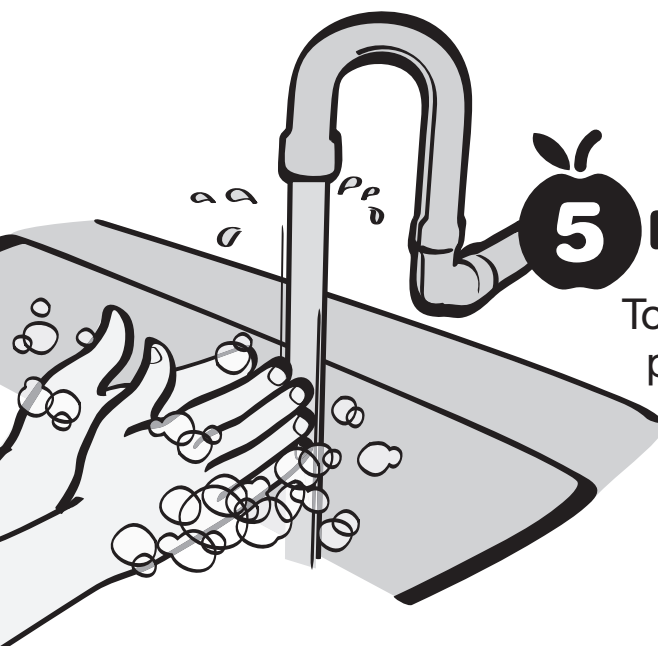
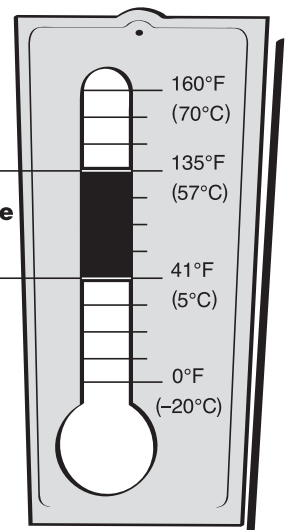
3 Prevent Cross-Contamination

Disease-causing pathogens can spread from dirty hands, equipment, and utensils to food. If this happens, the food might make someone sick. You can help prevent this by ensuring workstations, cutting boards, and utensils are cleaned and sanitized before using them.

4 Prevent Time-Temperature Abuse

Some food, like meat and dairy, requires time and temperature control to keep it safe. It's called TCS food (**T**ime and **T**emperature **C**ontrol for **S**afety). Disease-causing pathogens will grow well in TCS food if it's kept at temperatures between 41°F and 135°F (5°C to 57°C). You must keep TCS food out of this temperature danger zone to keep it safe.

The Temperature Danger Zone



5 Practice Personal Hygiene

Touching food with dirty hands can make people sick. That's because disease-causing pathogens can be transferred from hands to food. Always wash your hands after using the restroom, or any time they get dirty.



National Food Safety Education Month®