

FOOD SAFETY BASICS

FROM :

UNH Cooperative Extension

<https://extension.unh.edu/blog/do-you-know-four-home-food-safety-basics-and-beyond>

NOTES :

You will want to brush up on your food safety skills if you have children or elderly relatives living with you, or if a family member has diabetes or other immune-compromising condition. These folks are at higher risk of getting sick from food-borne illness.

These four basic food safety tips should become as regular as brushing your teeth each day. They are important for protecting your families' health.

STEPS :

1. **Clean** - Wash hands and surfaces often.
2. **Separate** - Don't cross-contaminate.
3. **Cook** - Cook to the right temperature.
4. **Chill** - Refrigerate promptly.



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