Keep Your Food Safe

1. Always wash your hands before you touch food, especially before fixing the baby’s food, and after changing the baby’s diaper. Use hot water and soap.

2. Did you use a towel to clean-up spills? Wash it before you use it again or use paper towels and throw them away.

3. Meat, poultry and seafood need to stay cold while you thaw them:
   a) In the refrigerator 1-2 days before you will cook the food.
   b) In the microwave, then cook the food immediately.

4. Wash everything before and after it touches food. For example, cutting boards, counters and utensils.

5. Keep raw meat, poultry and seafood away from other food. Their juices spread germs.

6. Cook raw meat, poultry, seafood and eggs until they are done.
   a) Cook red meat until it looks brown inside.
   b) Poke cooked chicken with a fork. The juices should be clear, not pink.
   c) Dig a fork into cooked fish. The fish should flake.
   d) Cook egg whites and yolks until firm, not runny.
7. Breast milk is best for your baby. Your baby can get sick if formula is not handled properly.
   a) Do not leave formula at room temperature.
   b) Throw away any formula left in the bottle after feeding.
   c) Throw away formula left in refrigerator after 48 hours.

8. Do not put the spoon used to feed the baby back into the jar because saliva on the spoon will spoil food.

9. If food is left out for 2 or more hours, germs can grow. Discard the food.

10. Put leftovers in the refrigerator or freezer as soon as you finish eating. Place them in shallow dishes so they cool faster.

11. If you think a certain food might be bad – **DO NOT TASTE IT!**

Remember this:

**When In Doubt, Throw It Out!**